woman&home

Feel Good Food

SUMMER 2010 £3.99

101 favourite recipes & ideas

EAT WELL EVERY DAY
From light suppers to fruity puds

NO-COOK DI
Fast & healthy
See results after 3 days!

SO DIVINE!
Especially for you!
Mini lemon cheesecakes

TOP TV CHEFS
Be inspired by
Jamie Oliver, Mark Hix
James Martin, Bill Granger
Gordon Ramsay
Rick Stein, John Torode

Simple summer food

+ Barbecues, picnics, pasta, parties and salads
+ Veggie inspiration + Gorgeous cakes + Delicious desserts

EASY recipes from midweek to weekend

More at ebook-free-download.net or magazinesdownload.com

The Neff SlideAway® door does exactly what its name suggests. When you open the oven it slides smoothly away into the compartment below in an effortlessly light action. Which means you can baste and turn food without having to lean over a hot oven door. So you can give the trickiest of dishes all the pampering they deserve. For more information and the recipe for cooking perfect lamb with sage, rosemary and lemon visit neff.co.uk or for a free brochure call 0844 892 9033.

"FRIENDS SAY LAMB WITH SAGE, ROSEMARY AND LEMON IS MY SIGNATURE DISH.

MY NEW SLIDEAWAY OVEN DOOR MEANS I CAN BASTE IT REALLY EASILY TO KEEP IT JUICY."

NEFF
writing kitchen history

More at ebook-free-download.net or magazinesdownload.com

Hello

Welcome to woman&home's summer edition of Feel Good Food 2010! You join a growing club of readers – indeed, our quarterly seasonal collection of fabulous recipes is proving so popular that you may want to *subscribe* – check out our offer on page 128. You could treat yourself or a friend to a woman&home subscription, too! As always, we've enlisted *your favourite cooks and chefs* to provide some of their feel-good recipes. *Jamie's delicious chicken tagine* is from his new book, and I'm sure you caught it on TV just recently. Having made it at home, I can assure you it's really good, as you'd expect. Joining Jamie is Gordon Ramsay, among others, and two new boys to Feel Good Food: John Torode and Mark Hix.

This time, we've filled our pages with *barbecues, food for a gathering of friends, great midweek meal solutions and more,* without forgetting the *desserts and bakes you all love.* We also include the feel-good factor by *cutting out unnecessary fat and calories* where the recipe permits, but one thing we never cut out is flavour. Have a happy summer and here's to many days of dining alfresco!

Jane

Jane Curran,
Food Editor, woman&home

FEEL GOOD+

LOOK OUT...
for our symbols, which will give you useful information at a glance:

+ GREAT FOR VEGGIES

Recipes that are suitable for vegetarians

PLUS recipes that are:

- **EASY**
- **PREPARE AHEAD**
- **FREEZABLE**

EDITORIAL DIRECTOR Sue James
EDITOR Jane Curran
FOOD ASSISTANT Rebecca Smith
ART EDITOR Karen Smith
CHIEF SUB-EDITOR Rebecca Mahoney
PICTURE EDITOR Sharon Mears
EXECUTIVE EDITOR Carrie Taylor
PUBLISHING DIRECTOR Linda Swidenbank
ADVERTISING DIRECTOR Lisa Frost
ADVERTISING MANAGER Nicola Morey
SENIOR SALES EXECUTIVE Deborah Paul
Cover photograph Richard Jung
Recipe and styling Jane Curran and Rebecca Smith
Prop styling Sue Rowlands
All other photos IPC Images, unless otherwise stated

More at ebook-free-download.net or magazinesdownload.com

Contents

FOOD KNOW-HOW

10 What's in season?
36 Eat smart: Dressings and marinades
52 Drink smart: Summer cheers
74 Cook smart: Barbecue know-how
126 Eat smart: Grow your own

CHEFS' RECIPES

16 Rick Stein's Hot and sour squid salad with chilli, lime leaf, mint and coriander (Yam pla muk)
34 James Martin's Sea bass with pine nuts, artichokes and tomatoes
50 Gordon Ramsay's Rice noodle salad with prawns and Thai dressing
72 John Torode's Buffalo wings and drumsticks
96 Jamie Oliver's Chicken, olive and preserved lemon tagine
110 Mark Hix's Perry jelly with summer fruits
124 Bill Granger's Blueberry butter cake

EASY EVERYDAY

21 Tom Kha Kai (Thai chicken soup)
21 Chicken Caeser salad
21 Chicken and pancetta risotto
24 King prawn, tomato and rocket spaghetti
24 Spicy chicken and crispy wedges
26 Maryland crab cakes
31 Seafood linguine
31 Grilled coriander chicken with guacamole
31 Black bean chicken stir-fry
32 Salmon, radish and red chicory salad
32 King prawn and chicken noodle stir-fry

EATING ALFRESCO

41 Mediterranean layered sandwiches
45 Simple grape and rosemary foccacia
45 Vietnamese seafood salad
45 Cheesy herb muffins
46 Vegetable empanaditas
46 Salmon and rice salad
49 Wild rice, chicken and tomato salad
49 Ricotta and tomato tarts
49 Green beans with soy, ginger and sesame

BARBECUE

56 Grilled red snapper
56 Sweetcorn with chilli and lime butter
56 Fresh and salty sardines
61 Teriyaki beef and chilled noodle salad
61 Steak and Cajun rub
61 Harissa and lime salmon fillets
62 Chicken on a beer can
62 Lamb, lemon and rosemary steaks with couscous and coleslaw
65 Sausage and spring onion kofte
65 Sea salt and spicy chicken
66 Lime prawns
66 Paprika pork with rice salad
68 Halloumi skewers
69 Baked Camembert
69 Stuffed aubergine rolls
69 Steaks topped with oozy melted cheese
70 Red pepper and tomato salsa
70 Barbecue tomato sauce
71 Tuscan bean salad
71 Tabbouleh
71 Red cabbage and apple coleslaw

LET'S GET TOGETHER!

78 Raspberry Champagne cocktails
78 Tarragon roasted chicken
81 Spiced lamb burgers with Greek salad
81 Roasted onion and potato slices
81 Thyme and lemon courgettes with fennel
84 Tapas with peachy sangria
84 Salmon with pesto and tomato sauce
87 Cumin and coriander roasted leg of lamb
87 Asparagus wrapped in Parma ham
88 Chicory with green beans and shallots

More at ebook-free-download.net or magazinesdownload.com

88 Fragrant orange-marinated chicken legs
88 Sesame potato salad
92 Loaded nachos with chunky guacamole
92 Cool salad with feta
92 Crunchy salad with lemon and honey dressing
95 Easy-peel prawns with lemon and fennel seeds
95 Kashmiri prawn curry with yogurt

DESSERTS
100 Berry meringue roulade
100 Lower-fat mini lemon cheesecakes
103 Baroque meringues
103 Wine-poached pears
104 Coffee-choc profiteroles
107 Summer berry "fool"
107 Raspberry and custard tarts
107 Raspberry, cassis and mint ice
108 Lemon posset
108 Lemon and almond iced parfait

BAKING
115 Summer berry Victoria sponge
115 Raspberry and almond tartlets
116 Almond frangipane tart
116 Butterfly cakes
121 Lemon and poppy seed drizzle cake
121 Walnut, banana and honey loaf
122 Lemon polenta cake
122 Apricot and almond galette

THE DELICIOUS DIET!
133 Blueberry porridge
134 Avocado for life salad
134 Chillin' cucumber soup
134 Alfa to omega salad
134 Sweet and sour nutty salad
135 Walnut and apple salad
135 Mexican raw burritos
136 Fruity salad
137 Apricot truffles

OTHERS
6 Our contributors
8 Menu planner
128 Subscribe to Feel Good Food
138 Subscribe to woman&home
140 Table ideas
146 Online suppliers
149 Feel Good offers
154 Recipe index

Practical stuff

- We use measuring spoons and all quantities are level.
- All eggs are free-range.
- Use metric or imperial weights and measures; don't mix the two.
- We don't specify salt and pepper in our ingredients' list, but we always tell you to season food. The use, or not, of salt is up to you.
- Each recipe is nutritionally analysed. The Recommended Daily Amount (RDA) is 2,000 calories for women and 2,500 for men. The RDA for fat is 70g for women (no more than 20g saturated) and 95g for men (no more than 30g saturated).
- Ovens vary in temperature, so you may want to invest in an oven thermometer.
- The size of a cake is measured on the diameter on the base of the tin.
- Cakes are better if you bake them on non-fan.
- We always use humanely reared meat, poultry and game in our recipes.

Go online
For even more fabulous recipe ideas, visit our fantastic website.
Log on to www.womanandhome.com

PHOTOGRAPHS RICHARD JUNG PROP STYLING SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

Meet our professionals...

John Torode

A well-known food writer and TV presenter, John Torode is an enthusiast of organic food and farming and high-quality rare-breed meat.

Australian-born John came to the UK at age 25 and started out at London restaurant Pont de la Tour in 1992. He went on to work in many London restaurants, including Quaglino's, Mezzo and Bluebird. His TV career took off after landing a spot as the resident chef with Richard and Judy on ITV's *This Morning,* and now he's probably best known for co-presenting BBC Two's *MasterChef* with Gregg Wallace. John has also built up relations with small farmers across the country, who provide Smiths of Smithfield – John's four-floor restaurant and café near London's Smithfield market – with the very best produce. He has written several cookbooks, the latest being *John Torode's Chicken and Other Birds*, and currently lives in south London with his wife, Jessica, and his four children.

Bill Granger

Bill Granger has always loved food. One of Australia's leading food writers and restaurateurs, he has a simple approach to cooking.

Born in Melbourne, Bill is a self-taught cook who gained his knowledge from eating, reading and experiencing food. He moved to Sydney when he was 19, and by 22 had opened his first restaurant, called bills. Three years later, he opened his second, both of which were a huge success. He now has three Sydney restaurants, all favourite destinations with locals and tourists alike – and his scrambled eggs are the stuff of legends! In 2004, Bill launched his debut television series, *bills food*, shown on BBC Two. It saw him cooking his way through busy working days and casual weekends. His cookbooks have all been bestsellers, and his commemorative edition of *bills Sydney Food* brings his famous flavours across the globe and into your home. Bill lives near Sydney's Bondi Beach with his wife and their three daughters.

Gordon Ramsay

Part restaurant empire-builder, part celebrity and part über-talented chef, Gordon has become a global star.

As a teenager he was on the books of Glasgow Rangers FC, but injury ended his chances of a professional career in football. Gordon switched his attention to cooking. He worked in Harvey's with Marco Pierre White and Le Gavroche with Albert Roux, then left for France to work with Joël Robuchon and Guy Savoy. He first hit our radar as part-owner of Aubergine, where he won two Michelin stars. He left to start up Restaurant Gordon Ramsay – Gordon Ramsay Holdings has many restaurants worldwide plus three pubs. He's the star of TV's *Ramsay's Kitchen Nightmares*, *Hell's Kitchen* and *The F Word*. He was awarded an OBE in 2006 and has published several books – the latest is *Gordon Ramsay's Great Escape: 100 of My Favourite Indian Recipes*. Gordon lives in London with his wife Tana and their four children.

Rick Stein

Rick Stein OBE is passionate about cooking and serving fish, and a firm supporter of local producers.

There's not much the chef and restaurateur doesn't know about fish, and he's inspired many of us to be more adventurous when cooking with seafood. After running a nightclub in the fishing port of Padstow, Cornwall, he turned to cooking, and opened a restaurant specialising in freshly caught local produce. Rick now runs four restaurants, a delicatessen, a patisserie, a seafood cookery school, plus 40 guest bedrooms in Padstow. He's committed to the quality of food and is a patron of the Marine Stewardship Council, which promotes sustainable fishing practice. Rick's recent book, *Far Eastern Odyssey*, which accompanied the BBC TV series, follows his journey from Cambodia to Bangladesh as he samples and cooks local recipes. Rick divides his time between Padstow and Sydney, Australia.

More at ebook-free-download.net or magazinesdownload.com

Mark Hix

Mark has won many awards for his food writing, and last year, his book *British Seasonal Food* won the Guild of Food Writers' Cookery Book of the Year Award.

Beginning his catering career as an alternative to metalwork at school, Mark then moved to London where he started work in hotel kitchens, under top chefs Anton Edelman and Anton Mosimann. He went on to become head chef at Le Caprice and later executive chef for Caprice Holdings, which also included The Ivy. After 17 years with Caprice, Mark left to concentrate on his own work, first at Brown's Hotel in Mayfair, and then opening Hix Oyster & Chop House in London's Smithfield market. In 2008, he won the final of BBC2's *Great British Menu*, and served both his Stargazy Pie and Perry Jelly (recipe page 110) to the British Ambassador in Paris. He now owns three restaurants, two in London and one in Lyme Regis, Hix Oyster & Fish House. Mark divides his free time between London and Dorset.

James Martin

James Martin presents BBC1's *Saturday Kitchen*, and has also appeared in shows including *The Great British Village Show* and *Strictly Come Dancing*.

His cooking career began at a young age, when his father ran the catering side of Castle Howard in Yorkshire. After spending time in France and aged just 21, James became head chef of the bistro at the first Hotel du Vin in Winchester. Now he has fingers in many pies, including his own kitchen company, a line of electrical kitchen equipment with Wahl and a range of cookware for Denby. He's also the name behind a couple of cruiseliner restaurants. James has written ten cookbooks and his latest, *James Every Day The Essential Collection*, is packed full of tasty everyday meals. James lives near Winchester.

Jamie Oliver

Jamie Oliver was "discovered" while he was working for Rose Gray and Ruth Rogers at London's River Café.

From his early days as The Naked Chef, Jamie's rise has been nothing short of meteoric. He's now a national icon, revered for his school dinners campaign – bullying the Government into changing the way our kids eat. He has gained admiration for his Fifteen restaurants, where he hires underprivileged youngsters and makes a fair chunk of them into chefs. The charity Fifteen Foundation celebrates its tenth birthday this year. His latest book is *Jamie Does...*, which accompanies his latest Channel 4 series, and is packed with recipes inspired by his travels through Spain, Italy, Sweden, Morocco, Greece and France. Jamie lives in Essex with his wife Jools and their children.

More at ebook-free-download.net or magazinesdownload.com

Instant inspiration

Stuck in a cooking rut and looking for some new recipe ideas? Here's some inspiration for every occasion, plus fabulous desserts to impress

Fab chicken ideas

- Tom Kha Kai (Thai chicken soup)
- Chicken Caesar salad (left)
- Chicken and pancetta risotto
- Spicy chicken and crispy wedges
- Grilled coriander chicken with guacamole
- Black bean chicken stir-fry
- King prawn and chicken noodle stir-fry
- Wild rice, chicken and sun-blushed tomato salad
- Chicken on a beer can
- Sea salt and spicy chicken
- John Torode's Buffalo wings and drumsticks
- Tarragon roasted chicken
- Fragrant orange-marinated chicken legs
- Jamie Oliver's Chicken, olive and preserved lemon tagine

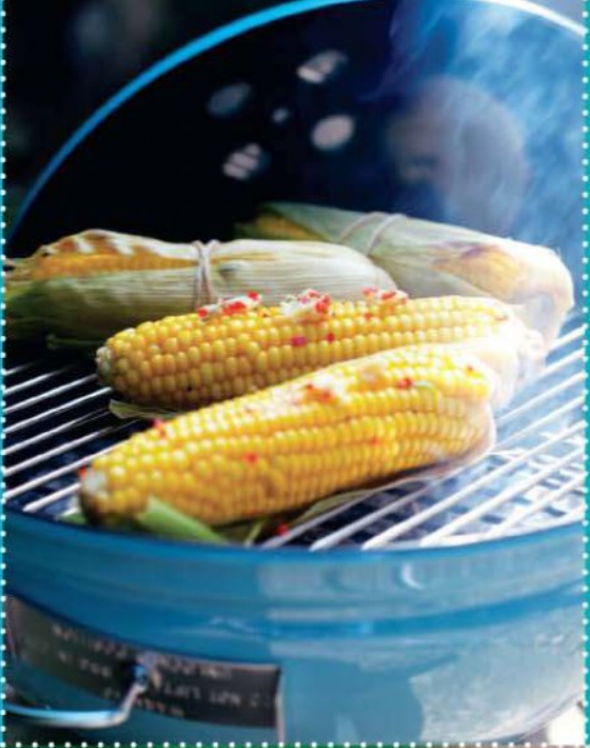
Under 30 minutes

- King prawn, cherry tomato and rocket spaghetti
- Tuscan bean salad
- Salmon, radish and red chicory salad
- Mediterranean layered sandwiches
- Teriyaki beef and chilled noodle salad (right)
- Vietnamese seafood salad with coconut dressing
- Green beans with soy, ginger and sesame
- Steaks topped with oozy melted cheese
- Steak and Cajun rub

More at ebook-free-download.net or magazinesdownload.com

Fruity desserts

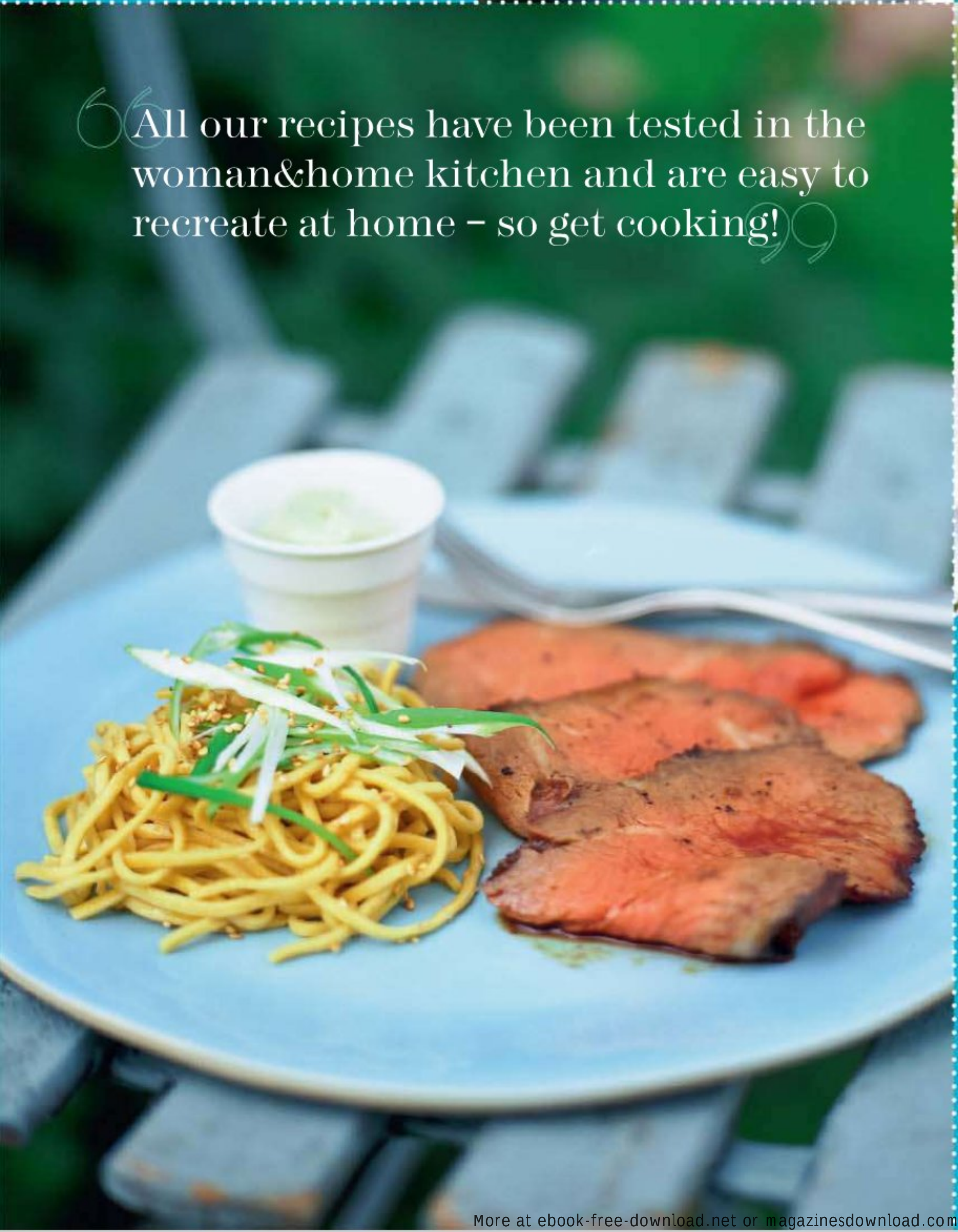
- Marinated cherries with star anise and ginger
- Frozen blueberries with white chocolate sauce
- Sweet and juicy strawberry sundae
- Bananas with blueberries
- Berry meringue roulade (left)
- Wine-poached pears
- Summer berry "fool"
- Lemon and almond iced parfait
- Mark Hix's Perry jelly with summer fruits
- Raspberry and almond tartlets



Barbecue time

- Grilled red snapper
- Sweetcorn with chilli and lime butter (left)
- Fresh and salty sardines
- Harissa and lime salmon fillets
- Lamb, lemon and rosemary steaks with couscous and coleslaw
- Sausage and spring onion kofte
- Lime prawns
- Halloumi skewers
- Baked Camembert
- Paprika pork with rice salad
- Red pepper and tomato salsa

"All our recipes have been tested in the woman&home kitchen and are easy to recreate at home – so get cooking!"



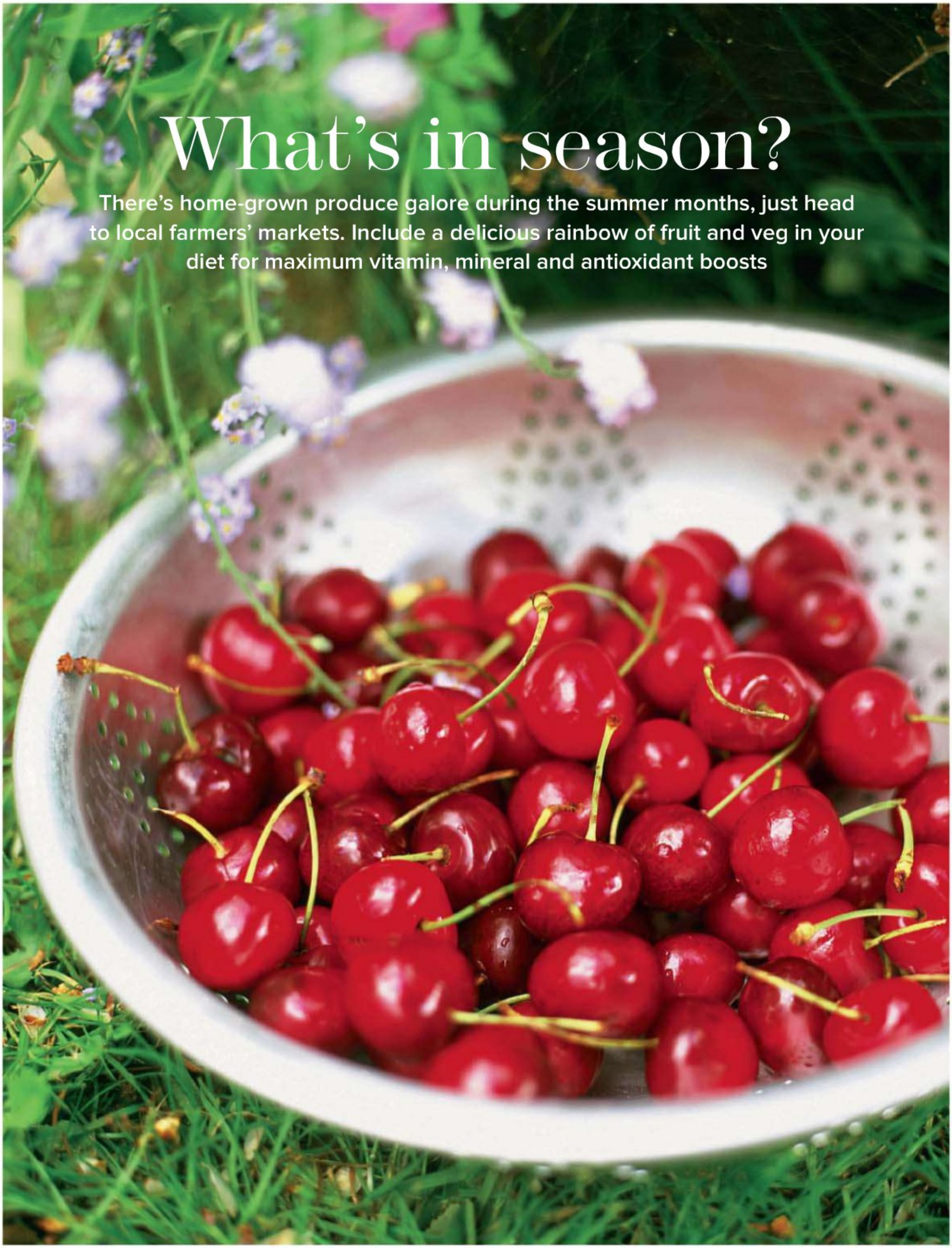
Sweet treats

- Summer berry Victoria sponge cake
- Almond frangipane tart (above)
- Butterfly cakes
- Lemon and poppy seed drizzle cake
- Walnut, banana and honey loaf
- Lemon polenta cake
- Bill Granger's Blueberry butter cake
- Apricot and almond galette
- Raspberry, cassis and mint ice
- Lower-fat mini lemon cheesecakes
- Raspberry and custard tart
- Lemon posset
- Baroque meringues
- Coffee-choc profiteroles

More at ebook-free-download.net or magazinesdownload.com

What’s in season?

There’s home-grown produce galore during the summer months, just head to local farmers’ markets. Include a delicious rainbow of fruit and veg in your diet for maximum vitamin, mineral and antioxidant boosts



More at ebook-free-download.net or magazinesdownload.com

Fruit & vegetables

Varying your choice makes it easier to stick to the "five a day" rule.

AUBERGINES
We used to have to salt aubergines to get rid of the bitter juices, but modern growing techniques have stopped this, thankfully. They're high in antioxidants.

BEETROOT
Rich in potassium, roast beetroot in their skins and then peel. Even if you boil them, keep the skins on to prevent staining your kitchen. Their sweetness works well with salty foods like feta.

BROAD BEANS
Broad beans are sweeter and more succulent when picked small. High in fibre, they're delicious mashed up and served on toasted country bread.

BROCCOLI
Summer broccoli is delicious and packed with essential nutrients and antioxidants.

COURGETTES
Courgettes are at their best when small, plus they are a good source of beta-carotene, the plant form of vitamin A. As their water content is high, steam them rather than boil.

CUCUMBER
Cucumber is a natural diuretic and makes a wonderful chilled soup, having a particular affinity with dill.

NEW CARROTS
Carrots are packed with beta-carotene, the plant form of vitamin A, as well as other antioxidants. When young and sweet, eat them raw and grated.

NEW POTATOES
There are many more interesting varieties available now, such as Pink Fir Apple, Fontenay and Roseval. Steam or try roasting them with garlic in olive oil.

NEW SEASON GARLIC
This is the young, freshly picked garlic that's far less pungent than the garlic grown in winter. Try it simmered in water (for about 45 minutes), then scoop out the flesh and serve with goats' cheese.

PEAS
Home-grown peas, a rich source of thiamin and vitamin C, are at their best in late June. Include them in salads and risotto, or blanch them for freezing.

PLUMS
English plums come into their own in the summer – they're so much riper than imported fruit. They make great jam, and are a good source of potassium.

RADISH
Radish is a great addition to salads and a useful source of vitamin C. Eat summer radish with bread and unsalted butter.

RHUBARB
Another good source of potassium, it's best not to boil it for hours. Better roasted in the oven with some fruit sugar and orange juice to sweeten.

ROCKET
A source of beta-carotene, rocket makes a delicious purée whizzed up with olive oil to add to pasta and soup. For a tasty salad, dress with balsamic vinegar and olive oil, then add Parmesan shavings.

RUNNER BEANS
A good source of vitamin C, and the larger they are, the thinner you should cut them, as runners can become stringy. Steam them to conserve nutrients.

SPINACH
High in antioxidants, spinach is delicious as a salad leaf or steamed, seasoned with black pepper and nutmeg. Wash leaves in a sinkful of cold water so that the grit sinks, then scoop it off the top.

SWEETCORN
The sugars in sweetcorn convert to starch soon after picking, so the fresher the better. Sweetcorn is delicious barbecued. Try poaching in milk for five minutes before grilling to tenderise it.

TOMATOES
The best time for home-grown tomatoes is August. Serve at room temperature, as the fridge makes them tasteless. Olive oil, a sprinkling of Maldon salt and black pepper will bring out their flavour. High in lycopene, as well as vitamins C and E.

WATERCRESS
Perfect in salads and sandwiches, try wilting watercress with new potatoes, pasta and rice. They're an excellent source of vitamin C; look out for fresh watercress from farmers' markets and grocers, which have a fuller flavour than the pre-washed bags.

For information on berries, see overleaf.

Meat, fish & more

Cook up summer treats with new meat and fish-based dishes.

CORNISH SEA BASS
A summer fish that you don't see wild after August. It's terrific baked in salt – covered in grey salt then baked at a high temperature for 15 minutes. The fish doesn't taste salty but retains its moisture.

CRAB
In summer, our native crabs are hard to beat. Easy to find ready-dressed, serve them with a wedge of lemon.

HALIBUT
A real king among fish, try dusting with seasoned flour, then frying in olive oil.

LAMB
It's during summer that you'll find Welsh upland lamb, which is sweet and tender.

LEMON AND DOVER SOLE
Lemon sole can be small, so they're not worth filleting – it's much better to roast whole with olive oil and lemon. Dover sole are bigger, but still have more flavour when cooked and served on the bone.

LOBSTER
A pre-cooked lobster should weigh heavy in the hand. Hot lobster goes well with garlic butter, while a cold lobster salad simply asks for lemon mayonnaise.

SARDINES AND MACKEREL
Oil-rich fish, full of healthy omega-3 fatty acids. Buy them fresh, then cook on the barbecue and serve with lemon wedges.

DEVON BLUE CHEESE
A seasonal unpasteurised cheese made in the town of Totnes. Tangy and not too strong, try it with pears or figs.

More at ebook-free-download.net or magazinesdownload.com

IN SEASON ✢ IN FOCUS

Get into berries & cherries

Packed with vitamins and minerals, they're absolute powerhouses of health

✢ BLACKBERRIES
They contain fibre, manganese and vitamin C, and in the summer, you'll find plenty of cultivated blackberries – although nothing beats those picked straight from the wild, brambly plant. They're fab in crumbles, ice cream and sorbets, and you'll find British blackberries from late July to mid-October.

✢ BLACKCURRANTS
The British blackcurrant can lay claim to being a "superfruit" and has high levels of an antioxidant known as anthocyanins. Research has shown that these may help prevent Alzheimer's, heart disease and the ageing of the skin and urinary tract infections. You'll find them in season right through to September.

✢ BLUEBERRIES
The English season is short, so make the most of this high-antioxidant fruit. Light cooking with a squeeze of lemon juice really brings out the flavour of a blueberry. They're delicious in tarts and cheesecakes or simply served with yogurt and a drizzle of maple syrup.

✢ CURRANTS
Red, black or white, summer is the time for English currants. Blackcurrants are the sweetest, and make a fabulous sorbet. They're packed with vitamin C, too.

✢ GOOSEBERRIES
Strangely delicious served with mackerel, it's their tartness that cuts through the oiliness of the fish. Wonderful in a crumble or tart, gooseberries are a useful source of vitamin C and soluble fibre.

✢ RASPBERRIES
The season lingers long into September when we see more Scottish raspberries. A rich source of vitamin C, they freeze really well and taste great with melons, peaches and nectarines. Fresh raspberry sauce, puréed with icing sugar then sieved, is wonderful drizzled over summer Charentais melon. They don't keep well so use them as soon as possible after purchase.

✢ REDCURRANTS
Redcurrants go so well with raspberries in desserts, and are an excellent source of vitamin C and potassium. All currants freeze very well in their raw state – open-freeze, then bag. Redcurrants are high in pectin, which is why they are added to strawberry jam to help it set.

✢ STRAWBERRIES
A ripe, English strawberry spells summer, and thanks to our modern growing techniques, we have a long season. As they're so sweet, they have an affinity with acidic foods such as oranges and balsamic vinegar. Plus, they contain more vitamin C than any other berry!

✢ CHERRIES
They're not part of the berry family but the two do go hand-in-hand. It's a short season for English cherries, but they're packed with potassium and vitamin C.

More at ebook-free-download.net or magazinesdownload.com

Frozen blueberries with white chocolate sauce

Marinated cherries with star anise and ginger

4 Feel good, fast

In season recipes

Deliciously easy desserts make the most of our favourite fruit

Sweet and juicy strawberry sundae

Bananas with blueberries

More at ebook-free-download.net or magazinesdownload.com

Marinated cherries with star anise and ginger

Cherries contain many vitamins, minerals and compounds. How can something so delicious be so good for you and completely fat-free?

PREPARATION TIME: 5 MINUTES, PLUS CHILLING
COOKING TIME: 10 MINUTES
SERVES 4

EASY / PREPARE AHEAD

75g (3oz) soft brown sugar
juice 1 lime
1 star anise
25g (1oz) piece root ginger, peeled
450g (1lb) cherries, washed and pitted

1 Put the brown sugar, lime juice, star anise and ginger in a small pan and add 450ml (15fl oz) water. Stir over a gentle heat until the sugar has dissolved, then boil for 2 minutes.
2 Pour over the cherries and cool completely. Cover and chill for 30 minutes, then spoon into bowls and serve.
Per serving: 122 calories, 0g fat, 32g carbohydrate

Frozen blueberries with white chocolate sauce

You only need a little of this to hit the spot – and serving in glam martini glasses is stylish and clever!

PREPARATION TIME: 5 MINUTES
COOKING TIME: 20 MINUTES
SERVES 4

EASY / PREPARE AHEAD

150ml (¼pt) crème fraîche
150g (5oz) white cooking chocolate, such as Menier, broken into small pieces
400g (14oz) frozen blueberries
strawberries, to serve

1 Put the crème fraîche and chocolate into a heatproof bowl over a pan of simmering water. Let it melt, stirring occasionally. When it's hot (this will take around 20 minutes), it's ready to go.
2 Divide the berries between 4 serving plates, or heatproof glasses, and leave for 5 minutes.
3 Pour the sauce into a jug then allow your guests to help themselves at will. The sauce will soon thicken and become gooey once it hits the coldness of the berries.
Per serving: 316 calories, 17g fat (11g saturated), 23g carbohydrate

FEEL GOOD+

FRESH FOOD SHOPPING
Make the most of seasonal produce and buy from farmers' markets or sign up for an organic box delivery scheme. Check out *foodloversbritain.com*, run by food hero Henrietta Green, to find suppliers local to you. You'll reduce your carbon footprint, save money and support local producers, too.

Bananas with blueberries

A really good-for-you treat – just a little butter adds so much flavour. Add blackberries when in season.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4

EASY / PREPARE AHEAD

350g (12oz) blueberries
50g (2oz) unsalted butter
3 bananas, halved lengthways, then halved widthways
3tbsp maple syrup
2 x 200ml tubs fromage frais

1 Place the blueberries in a saucepan with 1tbsp water and cook over a gentle heat until the juices start to run. Then cool. Melt the butter in a large frying pan, and, when it starts to foam, add the bananas. Cook for a minute on each side.
2 Pour over the maple syrup, cook for another minute, then remove from the heat. Allow to cool. To serve, place a spoonful of blueberries in the bottom of 4 glasses. Top with the bananas and a little syrup, then place a large spoonful of fromage frais on the top and more blueberries.
Per serving: 360 calories, 18g fat (12g saturated), 29g carbohydrate

Sweet and juicy strawberry sundae

If you're lucky enough to live near a "pick your own", get there fast to get the best!

PREPARATION TIME: 10 MINUTES
SERVES 4

EASY / PREPARE AHEAD

575g (1lb 4½oz) strawberries, hulled and halved, plus extra to serve
2tbsp caster sugar
200ml (7fl oz) reduced-fat double cream
500ml tub low-fat vanilla ice cream or frozen yogurt

1 Whizz half the strawberries with the caster sugar in a blender. Push the mixture through a fine sieve and discard the seeds if necessary. Whip up the double cream to form soft peaks, then fold in a third of the strawberry purée until marbled. Mix the remaining purée with the remaining strawberries.
2 Add scoops of the vanilla ice cream to 4 tall glasses, then layer up with the marbled cream and strawberry purée. Top with halved strawberries and serve.
Per serving: 341 calories, 20g fat (10g saturated), 32g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

GET CREATIVE WITH TREX

Anyone for strawberries and cream? Then why not set about creating this spectacular and delicious strawberry and cream cake. As generations of cooks have discovered, Trex's light texture makes it easy to mix, so it's the ideal ingredient to help you create everything from perfect pies to delicious cakes. What's more, it contains no hydrogenated vegetable oil, no water, no E-numbers, no colours and no preservatives.

TREX HOME BAKING AT ITS BEST

Ingredients:

A little **Trex** for greasing
125g (5oz) self-raising flour
1 tsp baking powder
Pinch of salt
115g (4½oz) caster sugar
75g (3oz) **Trex**, at room temperature
2 eggs
3 tbsp milk
½ tsp vanilla extract
1 tsp finely grated lemon zest

To decorate:

3-4 tbsp strawberry jam
150ml (¼ pint) double cream, whipped
150g (6oz) strawberries, sliced

Position the oven shelves towards the centre of the oven. Preheat the oven to 180°C/fan oven 160°C/Gas Mark 4. Lightly grease two 18cm (7inch) sandwich tins with a little **Trex**, line their bases with circles of greaseproof paper, then lightly grease the paper.

Sift the flour, baking powder and salt into a mixing bowl. Add the sugar, **Trex**, unbeaten eggs, milk, vanilla extract and lemon zest. Use a wooden spoon to beat the mixture together until smooth and creamy, this will only take 1-2 minutes.

Share the mixture equally between the prepared tins and level the surfaces. Bake for 18-20 minutes.

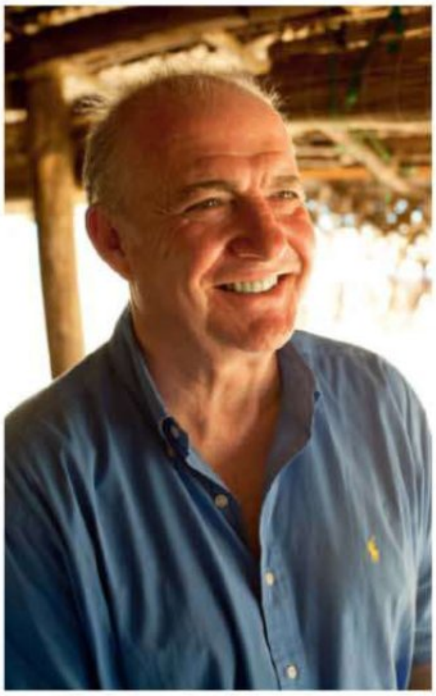
To test that the cakes are cooked, they should be golden brown and when touched lightly, the tops should spring back into place.

Put the tins onto a wire rack to cool for a few minutes. Then, remove the cakes from their tins and cool on the wire rack, and remove the lining paper. When completely cool, sandwich the cakes together with strawberry jam, whipped cream and sliced strawberries.

Spread whipped cream over the top and arrange more sliced strawberries over the surface.

TREX
HOME BAKING AT ITS BEST

More at ebook-free-download.net or magazinesdownload.com



RICK'S THAI DISH IS PACKED WITH PUNCHY FLAVOUR, AND SQUID IS 80% NATURAL PROTEIN AND COMPLETELY FAT-FREE! IT'S RECIPES SUCH AS THIS THAT MADE THE TRAVELLING CHEF FALL IN LOVE WITH SOUTHEAST ASIAN COOKING: "IT TAKES NO TIME TO PRODUCE," HE SAYS. "IT'S A GLORIOUS ASSAULT ON THE SENSES... THE COMBINATION OF HOT, SOUR, SALTY AND SWEET, THE ENTHUSIASM FOR COLOUR AND TEXTURE THAT SEEMS LACKING IN OUR OWN CUISINES."

RICK STEIN'S

Hot and sour squid salad with chilli, lime leaf, mint and coriander (Yam pla muk)

I'm not usually in favour of boiling squid, but in this recipe it is dropped into lightly salted boiling water and left for only 30 seconds so that it just cooks through and doesn't toughen up in any way. Also, by scoring it on one side into a diamond-shaped pattern, the wide strips curl up attractively. Presented simply on a white plate with lots of greenery – small lettuce leaves, mint and coriander and shredded spring onions – and a generous sprinkling of sliced red chilli, which accentuates the dazzling whiteness of the squid, it looks very appetizing. You can also make this salad with beef. Rub a 3cm (1¼in) thick, 300g (10oz) sirloin steak with a little oil, season and cook on a ridged cast-iron griddle over a high heat for 1½ minutes on either side for rare. Remove and leave to cool, then cut across into thin slices. Scatter over the top of the salad (together with a few halved cherry tomatoes if you wish), spoon over the dressing and serve.

PREPARATION TIME: 30 MINUTES, PLUS COOLING
COOKING TIME: 10 MINUTES
SERVES 4 TO 6

EASY / PREPARE AHEAD

400g (14oz) medium-sized prepared squid or cuttlefish, pouches about 18cm (7in) long
1-2 small lettuces, broken into pieces
2 spring onions, halved and finely shredded
small handful each mint and coriander leaves

for the dressing:

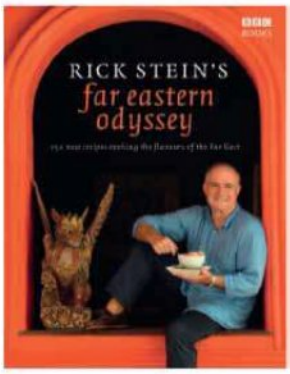
3tbsp lime juice
3tbsp fish sauce
1 red bird's eye chilli, thinly sliced
1tsp palm sugar
10g (¼oz) garlic, finely chopped
2 fat lemongrass stalks, core finely chopped
1 kaffir lime leaf, finely shredded

1 Slit the body pouches of the squid along one side, open them out flat and score the inner surface into a fine diamond pattern with the tip of a small, sharp knife. Cut the squid pouches lengthways into 4 wide strips, and then each strip across into half. Separate the tentacles into pairs.

2 Bring 1.5 litres (2¾pt) water and 2tsp salt to the boil in a pan. Add the pieces of squid, a small handful at a time, and cook for 30 seconds until it has just turned white and opaque and curled up. Remove with a strainer, rinse briefly under cool water, tip into a colander and leave to drain well. Repeat with the remaining squid, bringing the water back to a gentle boil each time. When all the squid is cooked, leave it to cool to room temperature.

3 Mix the dressing ingredients in a bowl. Scatter the lettuce leaves, spring onions and herbs over the base of a serving plate. Mix the dressing into the squid, then spoon it over the top of the salad with the excess dressing. Serve straight away.

Per serving: 100-65 calories, 2-1.5g fat (0.5-0.3g saturated), 4-3g carbohydrate

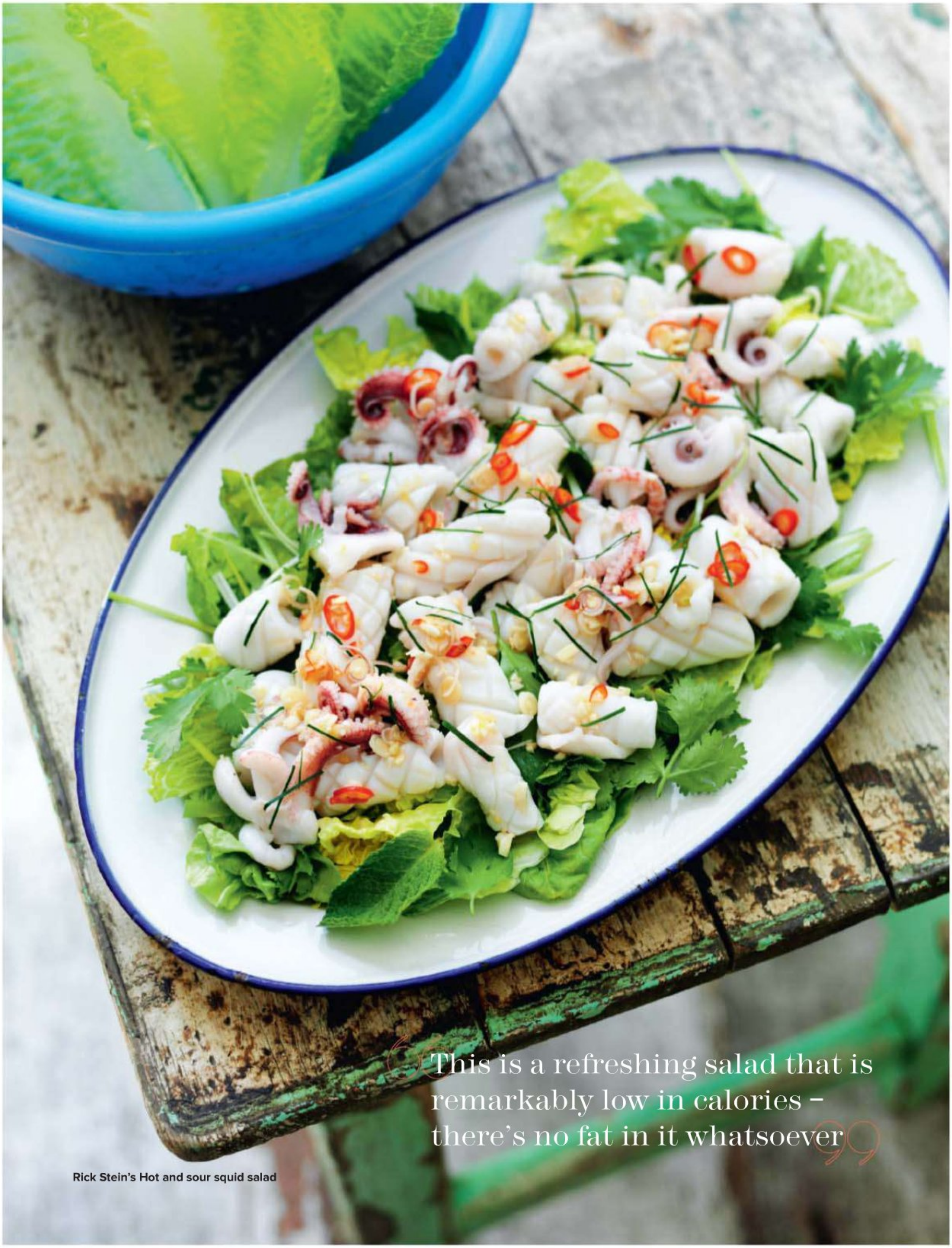


***RICK STEIN'S FAR EASTERN ODYSSEY* (BBC BOOKS, £25)**

This book accompanied the chef's TV series by the same name, during which he visited Cambodia, Vietnam, Thailand, Malaysia, Bali, Sri Lanka and Bangladesh. The book recounts authentic recipes, such as Duck noodle soup and Cambodian marinated beef, with stunning photography evoking the magic of bustling markets and the aromatic steam of a Far Eastern kitchen.

MAIN PHOTOGRAPH JAMES MURPHY

More at ebook-free-download.net or magazinesdownload.com



> This is a refreshing salad that is remarkably low in calories – there's no fat in it whatsoever

Rick Stein's Hot and sour squid salad

More at ebook-free-download.net or magazinesdownload.com

Easy everyday

It's great to re-invent your midweek meals. Too often we resort back to the same dishes simply because of a lack of inspiration. Here we are to the rescue with new ideas for salmon, chicken, pasta and more. Stir-fries are the ideal feel-good midweek food, and you won't believe how quick our fish recipes are. Prepare to be inspired and get cooking!

More at ebook-free-download.net or magazinesdownload.com

PHOTOGRAPH RICHARD JUNG **PROP STYLING** SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

> Give your immune system a boost with this low-carb chicken soup full of healthy goodness

Tom Kha Kai

More at ebook-free-download.net or magazinesdownload.com

Tom Kha Kai

This Thai chicken soup is great as a light lunch or combined with rice for supper.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4

EASY

1.5 litres (2¾pt) chicken stock
2 stalks lemongrass
4 garlic cloves, sliced
500g (1lb 2oz) free-range chicken breast fillets, sliced
7.5cm (3in) piece fresh root ginger, peeled and sliced
100ml (4fl oz) reduced-fat coconut milk
2 kaffir lime leaves
½tsp dried red chilli flakes
2 spring onions, sliced diagonally
2tbsp Thai fish sauce
25g (1oz) fresh coriander, torn
2 limes, halved

1 Bring the stock to the boil in a medium-sized pan. Quarter the lemongrass lengthways and crush slightly. Add to the stock with the garlic, chicken, ginger, coconut milk, lime leaves (you can leave these and the lemongrass in the soup, but don't eat them) and chilli. Stir until the soup returns to the boil, then reduce the heat and simmer for 5 minutes.
2 Add the white parts of the spring onions and the fish sauce. Taste and adjust the seasoning. Cook for 1 minute.
3 Add the coriander and spring onion tops. Serve while the greens are vivid, and squeeze ½ lime into each serving.
Per serving: 240 calories, 7g fat (3.5g saturated), 4g carbohydrate

FEEL GOOD+

SOUP KNOW-HOW

Leave the chunky chicken broths for winter and boost your immune system with this Thai soup full of healing powers. Its unique flavouring comes from the lemongrass, which is used as a remedy for colds and flus, is known to relieve stress, and has antibacterial and antifungal properties.

Chicken Caesar salad

Fast food has never been so fresh as with this all-in-one meal – truly satisfying.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 25 MINUTES
SERVES 4

EASY

2 free-range skin-on chicken breasts
150ml (¼pt) olive oil
100g (4oz) white bread, torn into pieces
4 organic free-range eggs
8 rashers smoked streaky bacon
4 baby gem lettuce, trimmed, leaves separated and washed
16 marinated anchovies, drained
for the dressing:
4 tinned anchovies in oil
small garlic clove, crushed
1tbsp Dijon mustard
½-1tbsp runny honey
juice ½ lemon
25g (1oz) Parmesan, freshly grated, plus extra shavings to serve

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Rub the chicken with 1tbsp of the oil and cook in a hot griddle pan, 2 minutes each side, then bake for 20 minutes, until cooked through. Rest for 5 minutes, then thickly slice. Toss the bread with another 1tbsp of the oil, season and bake for 5 to 10 minutes to make golden, crispy croûtons.
2 Put the eggs in a pan and cover with cold water. Bring to the boil then simmer for 4 minutes for soft-boiled, longer for hard-boiled. Drain and run under cold water until the shells are cool. Peel, slice in half and set aside. Meanwhile, grill the bacon until crisp. Drain on kitchen paper.
3 For the dressing, chop the tinned anchovies and pound to a paste in a pestle and mortar. Stir in the garlic, mustard, honey and lemon juice. Very gradually whisk in the remaining olive oil, then add 4 to 5tbsp water to thin down. Stir in the Parmesan.
4 Divide the lettuce between 4 bowls, top each with the chicken, croûtons, bacon, eggs, fresh anchovies and Parmesan shavings. Drizzle with the dressing to serve.
Per serving: 685 calories, 51g fat (12g saturated), 16g carbohydrate

Cook's tip
Gradually adding stock will release starch from the rice, making a creamier risotto

Chicken and pancetta risotto

Rich in flavour so you can keep portion sizes down and use less Parmesan.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 20 MINUTES
SERVES 4

EASY

2tbsp olive oil
2 x 150g (5oz) free-range chicken breasts, cut into 4 thin slices
150g (5oz) cubed pancetta
1 onion, finely chopped
2 garlic cloves, finely chopped
300g (10oz) arborio risotto rice
250ml (9fl oz) dry white wine
700-850ml (1¼-1½pt) hot chicken stock
100g (4oz) petit pois, defrosted
2tbsp chives, finely chopped
25g (1oz) Parmesan, grated

1 Heat the oil in a large saucepan and fry the chicken slices for 3 minutes each side. Remove and set aside. Fry the pancetta until lightly browned. Add the onion and garlic and fry for a further 5 minutes.
2 Stir in the rice and cook for 1 minute. Increase the heat; add the wine. Bring to the boil then simmer for 2 minutes, stirring until absorbed. Reduce the heat and add the stock, 200ml (7fl oz) at a time, stirring until absorbed before adding more.
3 When the rice is just tender, slice the chicken and add to the pan with the petit pois. Heat through and serve sprinkled with chives and Parmesan.
Per serving: 634 calories, 19g fat (6g saturated), 66g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

Chicken Caesar salad (recipe page 21)

More at ebook-free-download.net or magazinesdownload.com

Chicken and pancetta risotto (recipe page 21)

More at ebook-free-download.net or magazinesdownload.com

King prawn, cherry tomato and rocket spaghetti

King prawn, cherry tomato and rocket spaghetti

King prawns taste best when cooked for 1 to 2 minutes on a very high heat.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4

EASY

400g (14oz) spaghetti
1tbsp olive oil, plus extra to drizzle
1 garlic clove, crushed
400g (14oz) raw king prawns
large handful cherry tomatoes, halved or quartered
couple large handfuls rocket
juice 1 lemon

1 Cook the pasta according to the pack instructions in plenty of salted water. Meanwhile, heat a frying pan and add the oil. When warm, add the garlic and cook for a couple of minutes until softened.
2 Increase the heat and add the prawns to the frying pan with a generous amount of seasoning. When the prawns are pink all the way through, add the cherry tomatoes and cook until just beginning to soften.
3 Drain the pasta and return to the pan with the prawns and cherry tomatoes. Add the rocket and toss everything through to combine. Squeeze over the lemon juice and divide between 4 bowls, drizzling each with a little more olive oil. Serve immediately.
Per serving: 474 calories, 8g fat (1g saturated), 75g carbohydrate

Smart idea
King prawns are low in fat and calories – the perfect addition to pasta dishes

Spicy chicken and crispy wedges

Tossing the wedges through the salad means you don't put so many on your plate!

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 30 MINUTES
SERVES 4

EASY / PREPARE AHEAD

200ml (7fl oz) low-fat natural yogurt
2tbsp harissa paste
juice ½ lemon
4 free-range chicken breasts
500g (1lb 2oz) King Edward or Maris Piper potatoes, cut into wedges
3tbsp olive oil
large handful lamb's lettuce
150g (5oz) cherry tomatoes, quartered
1tbsp balsamic vinegar

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Mix together the yogurt, harissa paste and lemon juice, and season with freshly ground pepper. Coat the chicken with this marinade then set aside.
2 Toss the potatoes in 2tbsp oil, season and spread on a baking tray. Cook at the top of the oven for 30 minutes.
3 Ten minutes into cooking time, shake off excess marinade from the chicken. Place on a baking tray and cook in the oven for 20 minutes, or until cooked through.
4 When the wedges are done, toss through with the lamb's lettuce and tomatoes. Drizzle with the remaining olive oil and balsamic vinegar. Season again and serve with the sliced chicken breasts.
Per serving: 385 calories, 12g fat (2g saturated), 28g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

> "Mix yogurt, mint and grated cucumber to make a cooling dip for spicy chicken dishes"

Spicy chicken and crispy wedges

More at ebook-free-download.net or magazinesdownload.com

Maryland crab cakes

Maryland crab cakes

Frying in a little oil to brown, then finishing in the oven is healthier than shallow frying.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 18 MINUTES
MAKES 4 CRAB CAKES

EASY / PREPARE AHEAD / FREEZE

200g (7oz) fresh white crab meat
100g (4oz) fresh brown crab meat
100g (4oz) dried lemon breadcrumbs (eg from Waitrose)
2 spring onions, thinly sliced
handful parsley leaves, finely chopped
½tsp each Worcestershire sauce, English mustard powder and Tabasco
2tbsp reduced-fat mayonnaise
juice ½ lemon
large handful seasoned flour, to coat
1 free-range egg, beaten
1tbsp oil

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Place the crab meat, half the breadcrumbs, the spring onions, parsley, seasonings, mayonnaise and lemon juice into a bowl, mix thoroughly and season with salt and pepper. Form the mixture into 4 rounds and lightly flatten. Coat each one lightly in flour, then beaten egg and finally cover evenly in the remaining breadcrumbs.
2 Heat a frying pan and add the oil. When it starts to shimmer in the pan, place the crab cakes in, and brown on both sides for a couple of minutes. Transfer to a baking sheet and bake in the oven for 15 minutes until golden brown. Serve immediately with lemon wedges and oven chips.
Per crab cake: 271 calories, 11g fat (2g saturated), 24g carbohydrate

FEEL GOOD+

FREEZER KNOW-HOW

Even as we get into the warmer days of summer, it's good to have a few standbys and ingredients in the freezer as a back-up. Just think of the carbon footprint involved in getting in the car because you ran out of butter! It's a good idea to cook a whole recipe, even if you only want half, such as our Maryland crab cakes, which freeze brilliantly.
If the oven's on for something, you may as well make enough to freeze. The general rules for freezing are quite simple:

+ **FOOD MUST BE COLD** before packing, otherwise the temperature of the freezer will rise.
+ **PACK WELL** to avoid freezer-burn (when ice crystals penetrate the packing and get onto the food). It doesn't harm the food in health terms, but it will harm the texture.
+ **LABEL EVERYTHING!** We've all found a box in the freezer that ends up a surprise supper...
+ **CHECK YOUR STORE.** Food will never technically spoil in the freezer, but don't freeze anything for more than 3 months.

+
Try this
A delicious dip: mix bought low-fat mayo with grated horseradish

More at ebook-free-download.net or magazinesdownload.com

TELL MAGNET IF YOU'RE LOUD

AND WE'LL CREATE A KITCHEN THAT SCREAMS 'YOU'

Tell Magnet all about you and we'll help you create your perfect kitchen. If, like Isobel, you want everything to be loud and bright, then our dazzling Fiori range could be just what you're looking for. Or if you prefer things a little quieter, we'll show you some of our more subtle ranges and innovations like our silent, soft close hinges that come as standard. Whatever you'd like to happen in your kitchen, just tell Magnet.

Magnet WHAT HAPPENS IN YOUR KITCHEN?

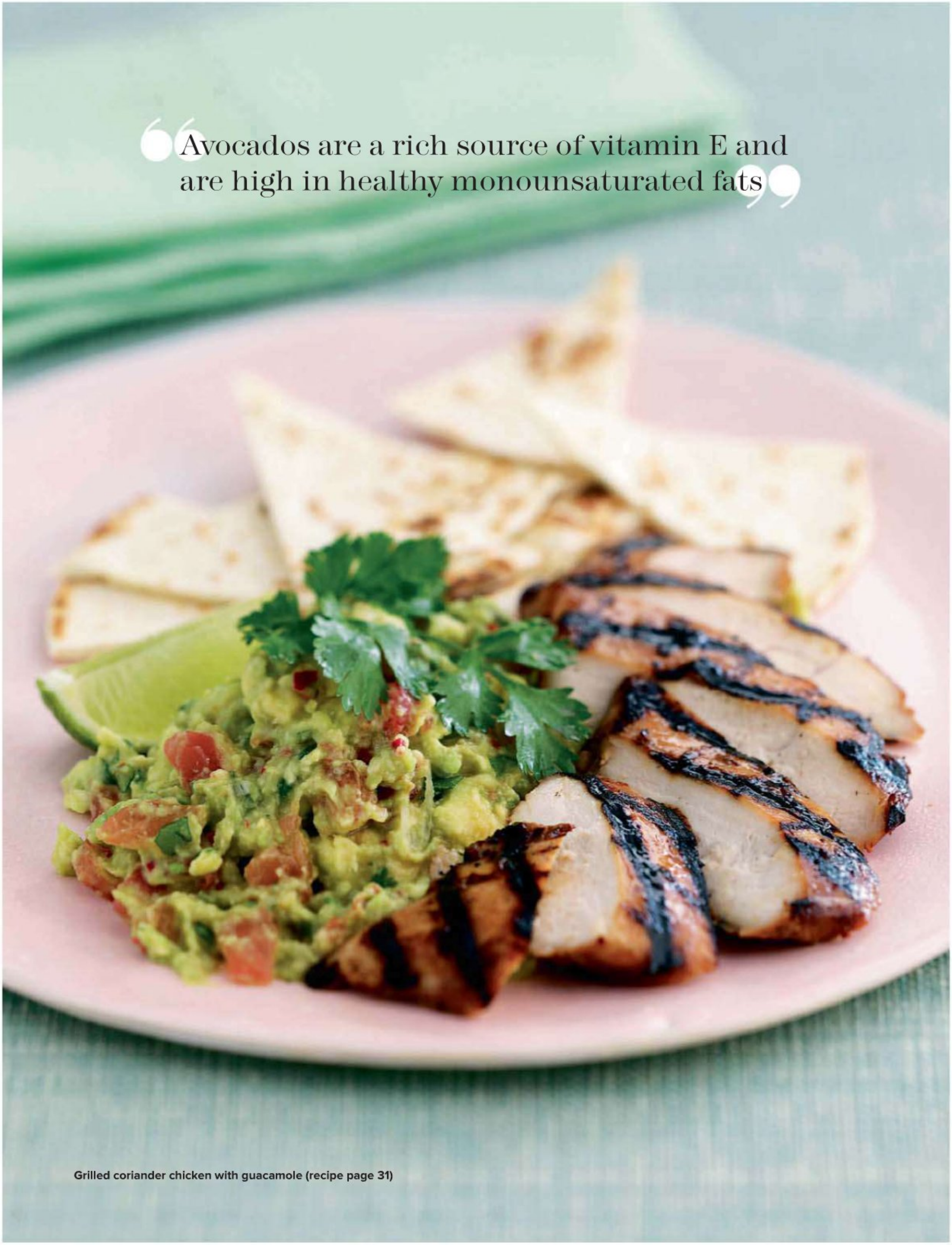
FULL CIRCLE SERVICE

TRUST MARK Government Endorsed Standards

Our unique Full Circle Service is now supported by Government endorsed standards from TrustMark on all retail kitchens installed by Magnet.

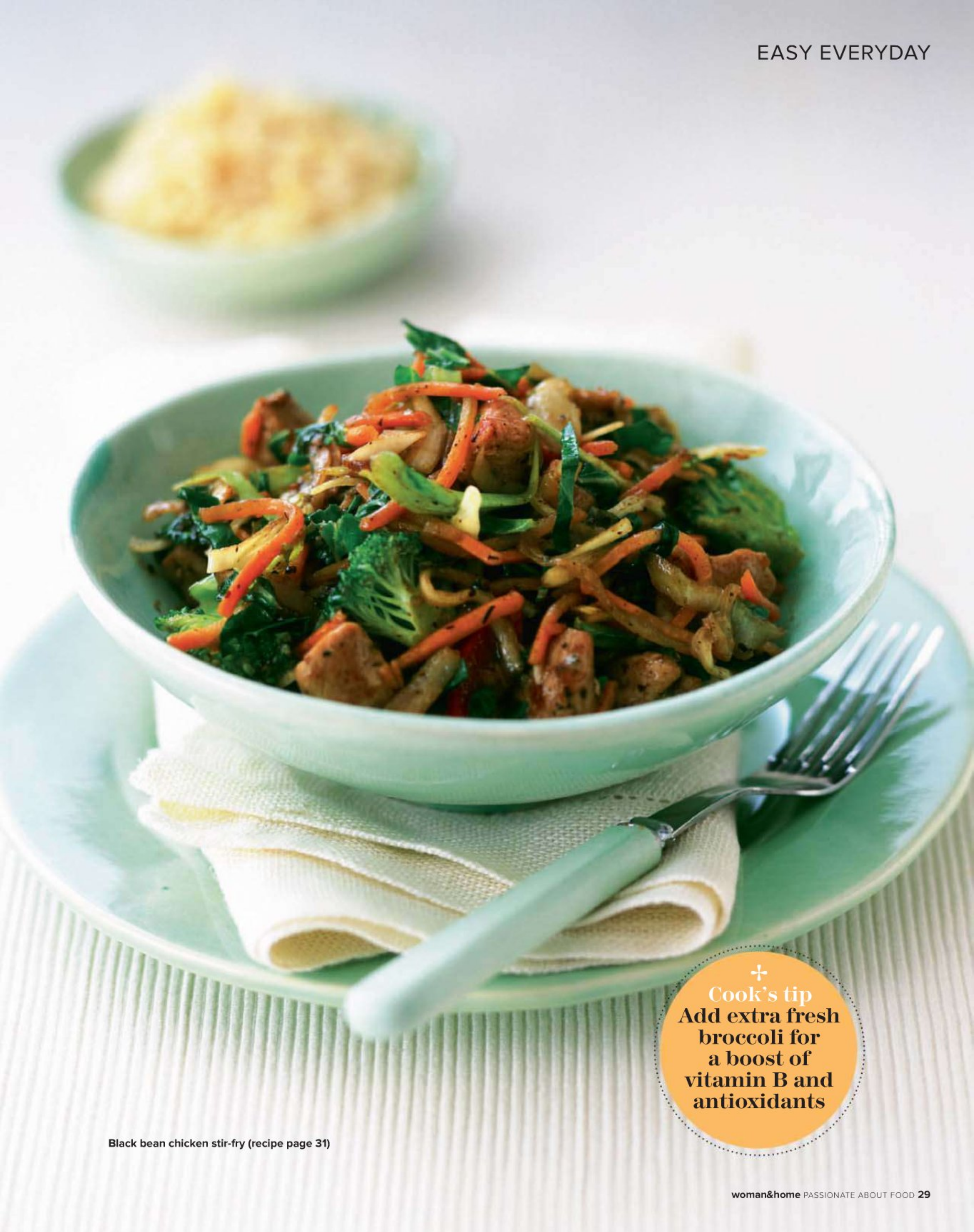
FOR YOUR NEAREST STORE OR TO REQUEST A BROCHURE CALL 0845 123 6789 OR VISIT WWW.MAGNET.CO.UK

More at ebook-free-download.net or magazinesdownload.com



Grilled coriander chicken with guacamole (recipe page 31)

More at ebook-free-download.net or magazinesdownload.com



Cook's tip
Add extra fresh broccoli for a boost of vitamin B and antioxidants

Black bean chicken stir-fry (recipe page 31)

More at ebook-free-download.net or magazinesdownload.com

> Shellfish is low in fat but high in protein, vitamins and minerals – everything we want

Seafood linguine

More at ebook-free-download.net or magazinesdownload.com

Seafood linguine

You can use any combination of seafood, or replace with firm fish fillets.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 15 MINUTES
SERVES 4

EASY

1kg (2lb 4oz) mixed shellfish (we used mussels and clams)
500g (1lb 2oz) mixed seafood (we used squid, prawns and scallops)
400g (14oz) linguine
25g (1oz) butter
2 garlic cloves, chopped
1 red chilli, finely chopped
200ml (7fl oz) white wine
large handful parsley, roughly chopped

1 Pick through the shellfish and discard any open ones. Rinse thoroughly. You may have to de-beard the mussels.
2 Heat a frying pan and add a drizzle of oil. When very hot, add the seafood and heat until just cooked (for prawns, this will be the second they turn pink). Set aside. Cook the pasta according to the pack instructions.
3 Heat a lidded sauté pan and melt the butter. Add the garlic and chilli, and cook for a few minutes over a low heat. Turn up the heat and add the wine. Simmer and add the shellfish. Cover and cook for 5 minutes, shaking occasionally until all the shellfish is open. Discard any unopened ones. Add the rest of the seafood and season with pepper.
4 Drain the cooked pasta, combine with the seafood and scatter with parsley to serve.
Per serving: 657 calories, 10g fat (4g saturated), 80g carbohydrate

FEEL GOOD+

MUSSELS KNOW-HOW

The perfect finger food, mussels are low in sodium and saturated fat, and provide a readily absorbed source of vitamins B and C. They're also low in calories, contain a number of minerals and are extremely versatile – add them to any shellfish dish, or simply serve with a squeeze of lemon.

Grilled coriander chicken with guacamole

During these summer months, look out for avocados from South Africa.

PREPARATION TIME: 20 MINUTES, PLUS MARINATING
COOKING TIME: 15 MINUTES
SERVES 2

EASY / PREPARE AHEAD

2 skinless, boneless free-range chicken breasts
2 flour tortillas
lime wedges, to serve
for the marinade:
1tbsp olive oil
1tsp sesame oil
1tsp honey
1tbsp soy sauce
5cm (2in) piece fresh root ginger, peeled and grated
1tbsp chopped fresh coriander
for the guacamole:
1 large ripe avocado, stoned and peeled
juice 1 lime
1 garlic clove, crushed
1 red chilli, deseeded and finely chopped
2 tomatoes, peeled, deseeded and chopped
2 spring onions, finely sliced
1tbsp chopped fresh coriander
you will need:
cast-iron griddle pan

1 Place each chicken breast on a large sheet of clingfilm and fold over. Bash with a rolling pin until 6mm (¼in) thick. Mix all the marinade ingredients in a bowl, pour over the chicken and marinate for 15 minutes.
2 Meanwhile, for the guacamole, use a fork to mash the avocado. Add lime juice, garlic, chilli, tomatoes, half the spring onions and coriander and season. If you're not using it straight away, press clingfilm on top to prevent the avocado from discolouring.
3 Dry-fry the tortillas for a few minutes until crisp, then cut into wedges. Place the chicken on a very hot cast-iron grill pan and cook for 5 to 6 minutes on each side. Put the chicken on a plate, add a portion of guacamole and sprinkle over the remaining spring onions. Serve with the tortillas and lime wedges.
Per serving: 593 calories, 26g fat, (5g saturated), 44g carbohydrate

+ Try this
Use hoisin sauce instead of black bean for a stir-fry with a sweeter taste

Black bean chicken stir-fry

Straight from the pan to the table in minutes – it doesn't get much easier or low fat.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 15 MINUTES
SERVES 4

EASY

2tbsp olive oil
450g (1lb) diced free-range chicken
300g pack stir-fry vegetables
210g jar black bean sauce
225g (8oz) stir-fry rice noodles

1 Heat the oil for a few minutes in a wok or frying pan, then add the diced chicken. Cook for 5 minutes, turning several times.
2 Add the vegetables and cook for a further 5 minutes, until the vegetables are soft but still have bite.
3 Stir through the black bean sauce and cook for another 2 minutes. Cook the noodles according to the pack instructions and serve hot with the stir-fry.
Per serving: 445 calories, 9g fat, (1g saturated), 54g carbohydrate

+ SMART IDEA

Replace the chicken with diced pork and add some pre-chopped ginger to bring out the dish's flavours. Not only is it a miracle worker in recipes, but ginger is widely used as a medicinal herb and is believed to help lower cholesterol and combat digestive problems.

More at ebook-free-download.net or magazinesdownload.com

Salmon, radish and red chicory salad

This would also be lovely with smoked trout or mackerel – both high in healthy fatty acids.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4

EASY / PREPARE AHEAD

4 fillets sustainably sourced salmon
1 cucumber, peeled
2 heads red chicory, leaves separated
large handful radishes, finely sliced
1 large fennel bulb, finely sliced
dill sprigs or fennel fronds, to garnish
juice 1 lemon, olive oil, to serve

1 Heat a griddle pan and rub the salmon fillets in a little oil and some seasoning. When the griddle pan is very hot, place the fillets on it and cook on each side for 3 to 5 minutes, until the outside is blackened and the middle is still moist.
2 Meanwhile, using a vegetable peeler, peel long strips off the cucumber to form ribbons, stopping when you get to the seeds. Arrange the cucumber ribbons, chicory, radishes and fennel on 4 plates. When the salmon is cooked, break into large flakes and add to the salads.
3 Garnish with some dill or fennel fronds, and drizzle over the lemon juice and olive oil with some more seasoning. Serve while the salmon is still warm.
Per serving: 285 calories, 17g fat (3g saturated), 3g carbohydrate

Salmon, radish and red chicory salad

Cook's tip
To avoid stewing the ingredients, ensure your wok is smoking hot before adding oil

King prawn and chicken noodle stir-fry

An easy but flavoursome recipe, full of Asian taste with a hint of sweet chilli to spice it up.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES
SERVES 2

EASY

200g (7oz) fine egg noodles
1tbsp vegetable oil
4 spring onions, sliced
2.5cm (1in) piece fresh root ginger, peeled and finely chopped
1 green chilli, deseeded and finely chopped
2 garlic cloves, finely chopped
1 chicken breast, cooked and thinly sliced
150g (5oz) cooked king prawns
1tbsp Thai fish sauce
1tbsp soy sauce
2tbsp sweet chilli sauce
juice 1 lime
1tbsp chopped fresh coriander
25g (1oz) roasted unsalted peanuts, roughly chopped

1 Bring a large pan of water to the boil, add the noodles, turn off the heat and leave for 3 minutes. Drain and refresh with cold water.
2 Heat the oil in a large frying pan, add half the spring onions, the ginger, chilli and garlic and cook over a high heat for 3 minutes. Add the chicken, prawns, noodles, fish sauce, soy sauce and sweet chilli sauce and cook until heated through. Squeeze over the lime juice and scatter over the coriander, remaining spring onions and chopped peanuts. Serve in warm bowls.
Per serving: 750 calories, 23g fat (5g saturated), 84g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

"Stir-fries are fast to cook and retain nutrients. Simply do all your chopping first"

King prawn and chicken noodle stir-fry

More at ebook-free-download.net or magazinesdownload.com

JAMES'S SIGNATURE STYLE DISHES – "MODERN BRITISH WITH A HINT OF MEDITERRANEAN" – ARE IDEAL FOR LUNCHES AND EVENING MEALS DURING THE SUMMER MONTHS. LIGHT, FRESH AND HEALTHY, THIS FEEL-GOOD FISH SUPPER IS GUARANTEED TO MAKE YOU WANT SECONDS – AND THERE'S NO NEED TO FEEL GUILTY IF YOU DO! SEA BASS IS HIGH IN PROTEIN, LOW IN FAT AND LOW IN CALORIES. WHEN BUYING SEA BASS, JUST REMEMBER TO LOOK FOR MOIST, TRANSLUCENT FLESH.

JAMES MARTIN'S

Sea bass with pine nuts, artichokes and tomatoes

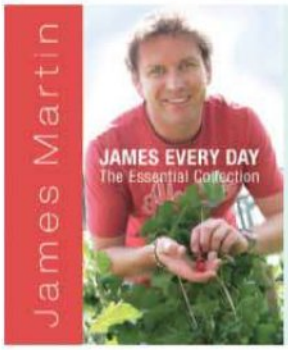
A whole sea bass is a wonderful treat and really comes into its own when simply roasted with a handful of pine nuts, lots of garlic and lemon.

PREPARATION TIME: 30 MINUTES, PLUS COOLING
COOKING TIME: 45 MINUTES
SERVES 4

EASY / PREPARE AHEAD

1 whole sea bass, about 1kg (2lb 4oz), scaled and gutted
olive oil, for roasting
40g (1½oz) pine nuts
juice 1 lemon, plus 1 thinly sliced
6 ripe plum tomatoes, halved lengthways
6-10 garlic cloves (to taste), unpeeled
3 shallots, peeled and chopped
2 sprigs fresh thyme
200g (7oz) chargrilled artichokes in oil, drained and patted dry
2tbsp chopped fresh parsley
100g (4oz) rocket leaves

1 Make sure the sea bass is thoroughly clean inside by washing under cold running water. Pat dry with kitchen paper. Heat the oven to 190 C, 170 C fan, 375 F, gas 5.
2 Rub the skin of the sea bass with a little of the olive oil and place in a roasting tin. Season well. Sprinkle over the pine nuts and lemon juice. Roast in the oven, uncovered, for about 20 to 25 minutes until the flesh feels quite firm and bouncy when pressed with the back of a fork. This indicates that it's almost cooked.
3 Place the tomatoes, cut side up, in a separate roasting tin. Trickle over a little olive oil, season well, then scatter over the garlic cloves, shallots and thyme. Roast for 15 minutes until softened. Set aside to cool.
4 Slice and season the artichokes, then toss gently with the tomatoes. Remove the fish from the oven and leave for 15 minutes before serving. Scoop off the pine nuts and mix with the tomatoes and artichokes. Cut the fish into fillets by inserting a sharp knife into the backbone and loosening the flesh. Lift it from the bones, then pull away the whole skeleton from the tail to reveal the underside fillet. Cut both fillets in half.
5 Squeeze the roasted garlic cloves from their skins and roughly chop. Add to the tomatoes and artichokes with the parsley and rocket leaves. Toss gently to mix and season with a little sea salt and freshly ground black pepper.
6 Divide the salad between serving plates and place the fish on top. Season well, drizzle over any pan juices and serve.
Per serving: 415 calories, 24g fat (2g saturated), 8g carbohydrate

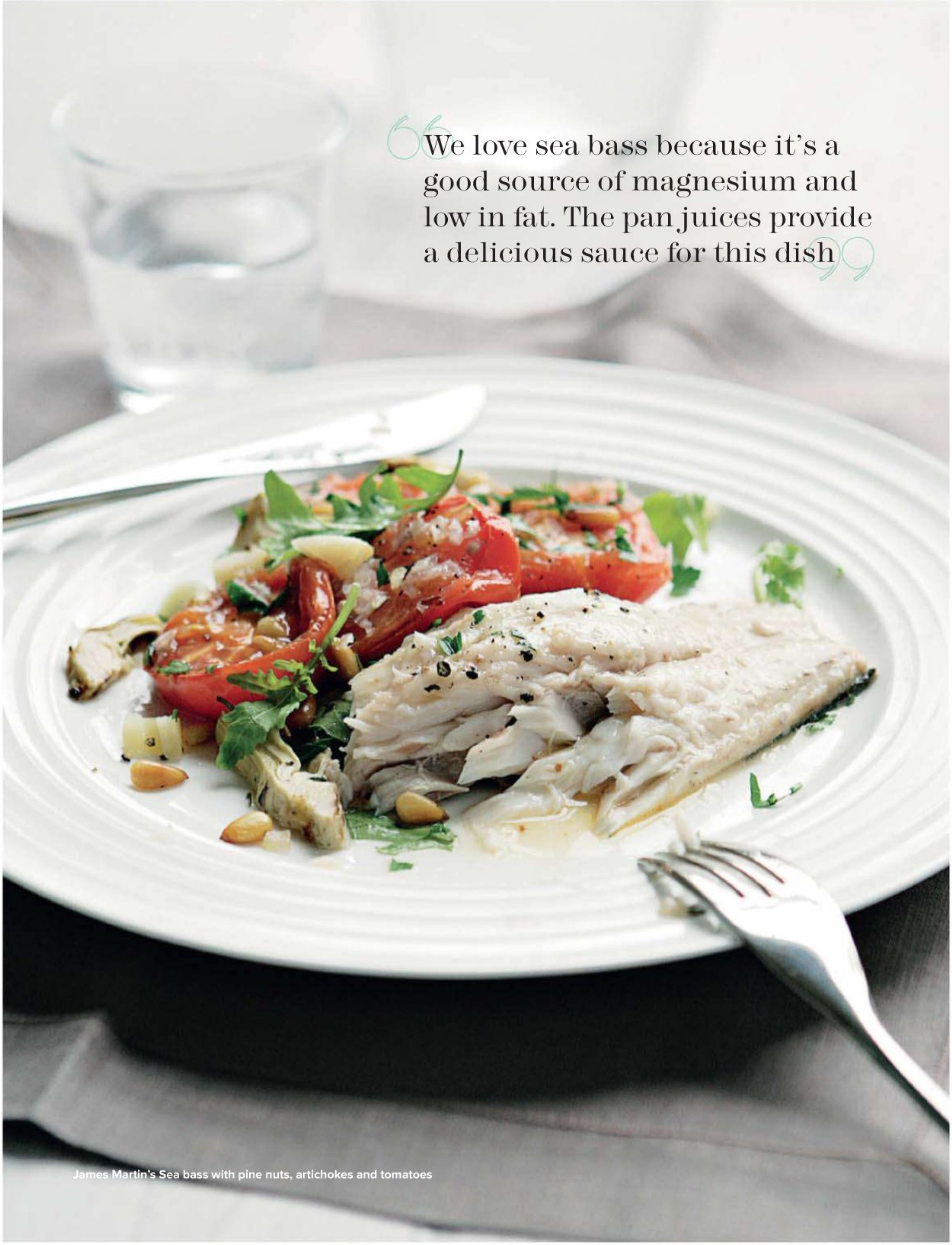


JAMES EVERY DAY THE ESSENTIAL COLLECTION (MITCHELL BEAZLEY, £20)
The *Saturday Kitchen* host entices us with an inspiring collection of recipes taken from his very first two cookbooks: *Eating In With James Martin* and *Delicious*. With ideas for every occasion, this kitchen classic includes light lunches, such as Scallop salad with capers and sage, as well as hearty suppers like Leek and haddock risotto. Yum!

MAIN PHOTOGRAPH SIMON WHEELER

More at ebook-free-download.net or magazinesdownload.com

> We love sea bass because it's a good source of magnesium and low in fat. The pan juices provide a delicious sauce for this dish



James Martin's Sea bass with pine nuts, artichokes and tomatoes

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

Dressings & marinades

Summer cooking is so wonderfully simple and fresh – all you need is some fabulous meat or fish, a few vegetables and, of course, a wealth of tasty dressings and marinades that can transform a humble grill into a summer feast. Need inspiration? That's why we're here...

✢ THE ART OF DRESSING

Salad dressings shouldn't just be restricted to making the iceberg more interesting! They can form integral parts of a meal – pour them over pasta and pulses, dress warm vegetables or use as a light sauce for meat or fish. And you can use almost anything in them, it's just about getting a little creative – you can't go far wrong!

✢ **A basic vinaigrette** is made with one part vinegar to three parts oil. In a salad dressing for four people, a part would usually be 1tbsp. **A classic French vinaigrette** also includes mustard – just add two parts Dijon mustard and a pinch of sugar to the vinaigrette recipe, and use white wine vinegar and a light olive oil.

✢ The vinegar in a dressing can be replaced with other forms of acidic liquid – we love using **citrus juice** in our dressings. An orange vinaigrette goes wonderfully with halloumi cheese or Parma ham, and a lime dressing complements an Asian salad.

✢ **Fresh herbs** make simple, lovely additions to dressings so use them liberally. Try some fresh dill with 1tbsp horseradish in a salad dressing for a fish dish, or some finely chopped chives in a classic French dressing.

✢ **Flavoured oils** are also great for perking up dressings, and it's so easy to make your own! Hardy herbs such as rosemary or thyme, basil stalks, chillies, garlic cloves or citrus zest make great infusers. Add a handful with 150ml (¼pt) oil to a pan, heat the oil very gently until it just begins to steam, and then remove from the heat. Leave to infuse for 4 to 6 hours, and bottle. Don't let the oil smoke or bubble, as this will taint the flavour.

✢ **Yogurt** also makes a fab low-fat dressing and adds a lovely tangy dimension to a dish. Try mixing an easily pourable yogurt with some fresh lemon juice, 1tbsp harissa paste and some salt and pepper. Use it to dress crunchy salad leaves to go with a middle-Eastern dish. And when poured over vegetables, spiced yogurt transforms it into a sumptuous treat.

✢ MARINADES

An essential part of summer cooking, marinades are used both for flavour and to tenderise meat, and most can be made using ingredients you can find in the back of the cupboard. There are a few golden rules to remember, though, so follow our tips and you'll have perfect results every time.

✢ **Give it time** While marinating for only half an hour or so will definitely make a difference, it's best to give it longer – ideally 24 hours. This gives the ingredients in your marinade time to infuse, and will lift the flavour of the finished dish enormously.

✢ **Leave out the salt** Salt draws out the moisture of food, so avoid using it in marinades. Pepper is fine, but salt should only be added just before you start cooking. If you're using soy sauce in a marinade, or any other highly salty liquid, it's also best to reduce the marinating time to a couple of hours.

✢ **Be generous!** If you're using spices or herbs in marinades, remember that you won't be adding them directly to the dish so you'll need more than you would if you were cooking with them. A good guide is to double the amount you would normally use.

✢ **Watch the citrus** Citrus fruits make gorgeous marinating ingredients, and their acidity will act as a tenderiser for meat. Citrus juice will also "cook" fish (you'll know if you've tried ceviche), so if you're marinating fish for the barbecue or grill, it's best to squeeze the juice on at the end of cooking. Try slicing citrus fruit into wedges for marinades, or use the zest in long strips.

✢ **Don't waste your extra virgin** Oil is an essential ingredient in many marinades, but it's only a carrier of flavour, so it's not worth using your good stuff. Use instead a mixture of olive and sunflower, or ground nut oil for the barbecue as its high smoke point makes it withstand heat.

CLICK ONLINE

For more info on salads and marinades, visit www.womanandhome.com.

PHOTOGRAPH RICHARD JUNG **PROP STYLING** SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

The great outdoors

Part of the joy of summer is eating outside. Our portable recipes are perfect for those balmy evenings (we hope) of open-air concerts or a picnic on the beach, and they could help you re-invent the packed lunch, too. Whatever the occasion, we have salads to inspire and sandwiches to tempt you out of the kitchen and into the great outdoors.

More at ebook-free-download.net or magazinesdownload.com

PHOTOGRAPH RICHARD JUNG PROP STYLING SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

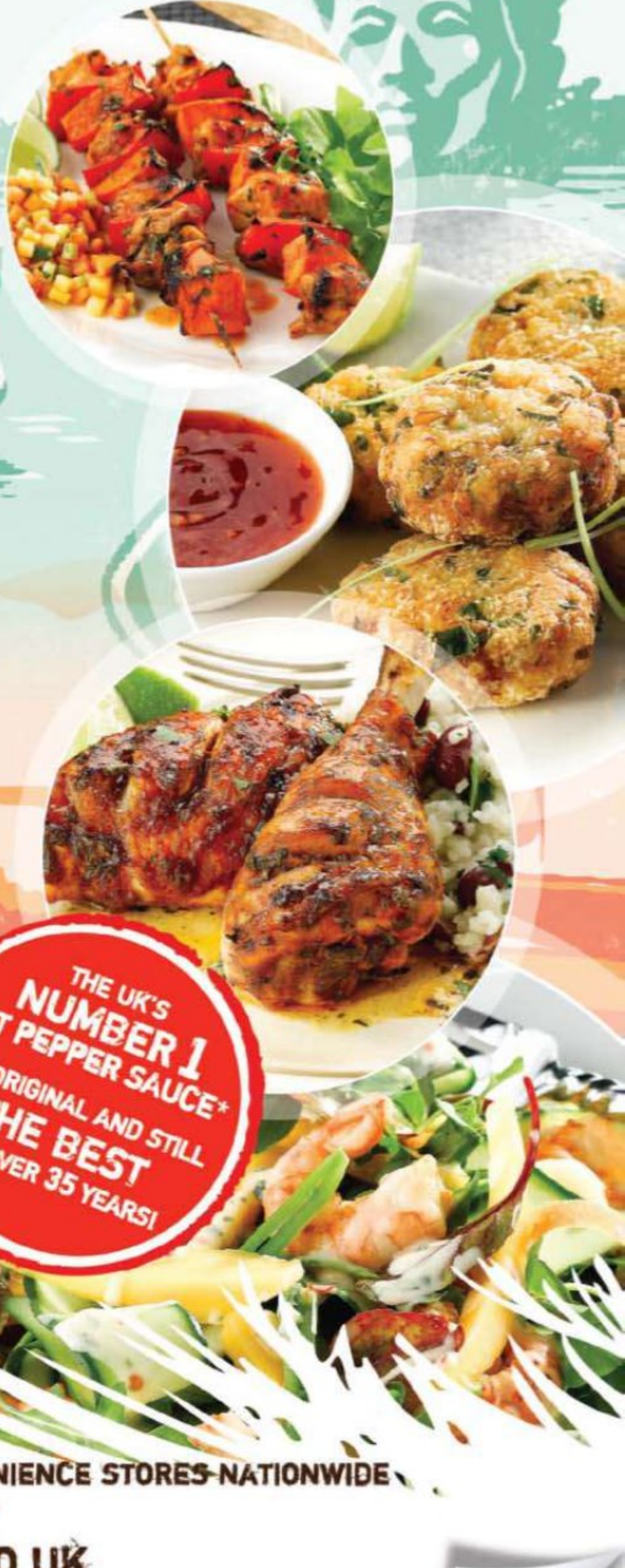
SEND YOUR TASTE BUDS AROUND THE WORLD

ENCONA TASTE EXPLORERS

Take your taste buds on a journey they will never forget with Encona Sauces, the chilli sauces and hot pepper sauces range that adds a dash of inspiration to any dining occasion.

Encona Sauces Taste Explorers have travelled the world in search of new and exciting flavours for you to enjoy with your family and friends. In addition to all your Caribbean favourites, you can now enjoy sauces from exotic destinations across Asia, the Far East and the Americas.

Encona Sauces are wonderfully versatile. The perfect condiment for meat, chicken, fish, seafoods and vegetables, also try drizzled into stir-fries, rice dishes, dips and salad dressings. Great too as a marinade brushed onto food during grilling or barbecuing, stirred into soups and stews or use simply as a delicious, everyday table sauce for all your favourite foods.



PREPARE TO SEND YOUR TASTE BUDS AROUND THE WORLD

ENJOY!

AVAILABLE FROM ALL GOOD SUPERMARKETS AND CONVENIENCE STORES NATIONWIDE

FOR MORE INFORMATION VISIT

WWW.ENCONASAUCES.CO.UK

Find us on Facebook | Search: 'Encona Sauces - Official Page'

Join now for delicious Encona recipe ideas, special offers and prize competitions, news and product info, events and much more

Grace

*Source: IRI UK Afro-Caribbean Food & Drink Category, MAT 52 w/e 23rd Jan 2010

More at ebook-free-download.net or magazinesdownload.com

Mediterranean layered sandwiches

Packed with tasty veg and oozy mozzarella, these ciabattas are guaranteed to impress.

PREPARATION TIME: 10 MINUTES
SERVES 8

EASY / PREPARE AHEAD

2 ciabatta loaves
1-2 level tbsp basil pesto
4tbsp extra virgin olive oil
2 x 200g jars marinated and grilled peppers, drained
4 plum tomatoes, sliced
4-6tbsp black olives, sliced
fresh basil, torn
2 x 125g packets mozzarella, drained and sliced

you will need:
baking parchment
string

1 Cut the loaves in half lengthways. Mix the pesto and olive oil together, then brush this over the cut surfaces of the bread.
2 Use half of the rest of the ingredients for each loaf. Working on one loaf at a time, spread half the peppers over the bottom of the loaf, then arrange half the sliced plum tomatoes on top. Season, and add half the olives and basil.
3 Top with the mozzarella slices then layer up the remaining ingredients in reverse order (ie. torn basil, olives, tomato slices and then the peppers).
4 Place the top on the loaf, then wrap it in parchment paper and tie tightly with string to hold it together. Fill the other loaf and wrap it in the same way.
Per serving: 336 calories, 19g fat (6g saturated), 30g carbohydrate

Cook's tip
Keep the loaves wrapped to serve, but slice them before leaving the house

Mediterranean layered sandwiches

More at ebook-free-download.net or magazinesdownload.com

Cook's tip
Chill the salad and dressing separately, then combine when ready to serve

Vietnamese seafood salad with coconut dressing (recipe page 45)

More at ebook-free-download.net or magazinesdownload.com

> Cheese, in moderation, is a good thing: it's high in protein, calcium, and A and D vitamins

Cheesy herb muffins and Pitta pockets (recipes page 45)

More at ebook-free-download.net or magazinesdownload.com

Simple grape and rosemary foccacia

More at ebook-free-download.net or magazinesdownload.com

Simple grape and rosemary foccacia

Great with cheese – feta and soft goats' cheese are lower in fat.

PREPARATION TIME: 25 MINUTES, PLUS RISING AND PROVING
COOKING TIME: 25 MINUTES
SERVES 6

EASY / PREPARE AHEAD

350g (12oz) strong white bread flour
50g (2oz) caster sugar
15g (½oz) instant yeast
2tbsp olive oil, plus extra to drizzle
200g (7oz) black seedless grapes
3 sprigs rosemary, leaves picked

1 Mix the flour, sugar, yeast and a pinch of salt in a bowl. Add 200ml (7fl oz) tepid water and the olive oil. Mix with a wooden spoon, shape dough into a ball, then knead for 10 minutes on a floured surface.
2 Transfer the dough to a large, oiled bowl, cover with clingfilm and leave in a warm place to rise for about 1 hour, or in the fridge overnight. When the dough has doubled in size, knead on a floured surface for 5 mins.
3 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Roll the dough into a circle 2cm (¾in) thick and transfer to an oiled baking sheet. Cover loosely with clingfilm and leave in a warm place to prove for 20 minutes, until the dough has puffed up. Form indentations in the dough with your fingertips and push in the grapes. Scatter over the rosemary, lots of sea salt, and drizzle over olive oil.
4 Bake on the top shelf of the oven. After 20 minutes, place the loaf directly onto the oven shelf, to allow the bottom to brown. After another 5 minutes, remove from the oven and allow to cool before serving.
Per serving: 300 calories, 6g fat (1g saturated), 59g carbohydrate

FEEL GOOD+

BREAD KNOW-HOW

As soon as the foccacia comes out of the oven, cover the bread with a clean, damp tea towel and only remove once it's cool. This will prevent the crust from going crispy, and will give you bread that's soft all the way through.

> "Half-fat coconut milk is such a find! It works as well as the full-fat version in curries and dressings"

Vietnamese seafood salad with coconut dressing

Fresh herbs and a simple dressing turn this ready-made salad into a low-fat picnic dish.

PREPARATION TIME: 10 MINUTES
SERVES 4 TO 6

EASY / PREPARE AHEAD

800g (1lb 12oz) mixed cooked seafood
2tbsp each picked coriander and basil leaves
for the dressing:
150ml (¼pt) half-fat coconut milk
zest and juice 2 limes
1tbsp Thai fish sauce
pinch sugar (optional)

1 For the dressing, mix together the coconut milk, lime zest and juice, and fish sauce in a large bowl. Add sugar to taste if you find it a little sour.
2 Add the cooked seafood and toss through with the coriander and basil leaves. Season well with black pepper and serve.
Per serving: 212-141 calories, 6.5-4g fat (4-2.6g saturated), 3.5-2.3g carbohydrate

COOK'S TIP

If you have one near you, it's worth going to a Thai or Vietnamese supermarket to look for Thai basil – it's more strongly flavoured than its European cousin, and works well in Asian dishes. This salad would also be great for a buffet, just make sure you serve the dressing on the side as the lime juice in the dressing will make the herbs wilt.

Cheesy herb muffins

These freeze well. Just thaw at room temperature, then flash in the oven.

PREPARATION TIME: 10 MINUTES, PLUS COOLING
COOKING TIME: 20 TO 25 MINUTES
MAKES 8 MUFFINS

EASY / PREPARE AHEAD / FREEZE

200g (7oz) Gruyère, chopped into small cubes
1 medium onion, finely chopped
few sprigs rosemary, finely chopped
handful chives, finely chopped
75g (3oz) self-raising flour
½tsp baking powder
175g (6oz) fine white breadcrumbs
1tsp Dijon mustard
3 large free-range eggs, beaten
50g (2oz) butter, melted
5tbsp milk
you will need:
muffin tray

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Lightly oil the muffin tray.
2 Mix together all the ingredients and season well. Spoon into 8 holes of the tray and bake for 20 to 25 minutes until golden and just firm to the touch. Cool for 10 minutes, then transfer to a wire rack.
Per muffin: 305 calories, 17g fat (10g saturated), 26g carbohydrate

SMART IDEA

To make extra savoury snacks, try reduced-fat Cheddar to create Pitta pockets (page 43) – ideal for a picnic and ready in a matter of minutes. Just slice 2 pitta breads in half and fill with cheese, avocado, salami, lettuce and cherry tomatoes. Season well and drizzle each pocket with a little olive oil and a squeeze of lemon before serving.

More at ebook-free-download.net or magazinesdownload.com

Vegetable empanaditas

Make these bite-sized Spanish pies in advance and freeze them until required.

PREPARATION TIME: 30 MINUTES, PLUS CHILLING
COOKING TIME: 30 TO 35 MINUTES
MAKES 28 TO 30 EMPANADITAS

EASY / PREPARE AHEAD / FREEZE

2 x 375g packs ready-rolled shortcrust pastry
2 free-range eggs, beaten
3tsp sweet chilli sauce
150g (5oz) potatoes, scrubbed and chopped into tiny cubes
3tbsp olive oil
4 garlic cloves, chopped
150g (5oz) butternut squash, seeded, skinned and chopped into cubes
1 carrot, thinly sliced
1 avocado, pitted, skinned and cubed
2tbsp fresh mint, chopped
juice 1 lime
15g (½oz) salted almonds, chopped
3 dried apricots, chopped
2tbsp fruit chutney

1 Unroll the pastry and cut out as many 7cm (2¾in) rounds as possible. Whisk together the eggs and chilli sauce to create a glaze.
2 Put the potatoes into one half of a frying pan with half the oil. Add the remaining oil, garlic, squash and carrot to the other half of the pan. Sprinkle with water and season. Cover and cook for 10 to 15 minutes.
3 For the first filling, mix the potatoes, avocado, mint, lime juice and almonds. For the second filling, mix the squash and carrot with the apricots and chutney.
4 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Brush the glaze over each pastry round and fill a quarter with the first filling, placing a pastry lid on top. Fill another quarter with the second filling and top with lids. Chill for 10 minutes then brush with glaze. Bake for 20 minutes until browned.
Per empanadita: 163-152 calories, 10-9.5g fat (3-2.5g saturated), 15-14g carbohydrate

Vegetable empanaditas

Cook's tip
Avoid "scrambled salmon" by turning only once during cooking

Salmon and rice salad

Summery watercress mayonnaise is the perfect accompaniment (see below).

PREPARATION TIME: 10 MINUTES, PLUS COOLING
COOKING TIME: 30 MINUTES
SERVES 4

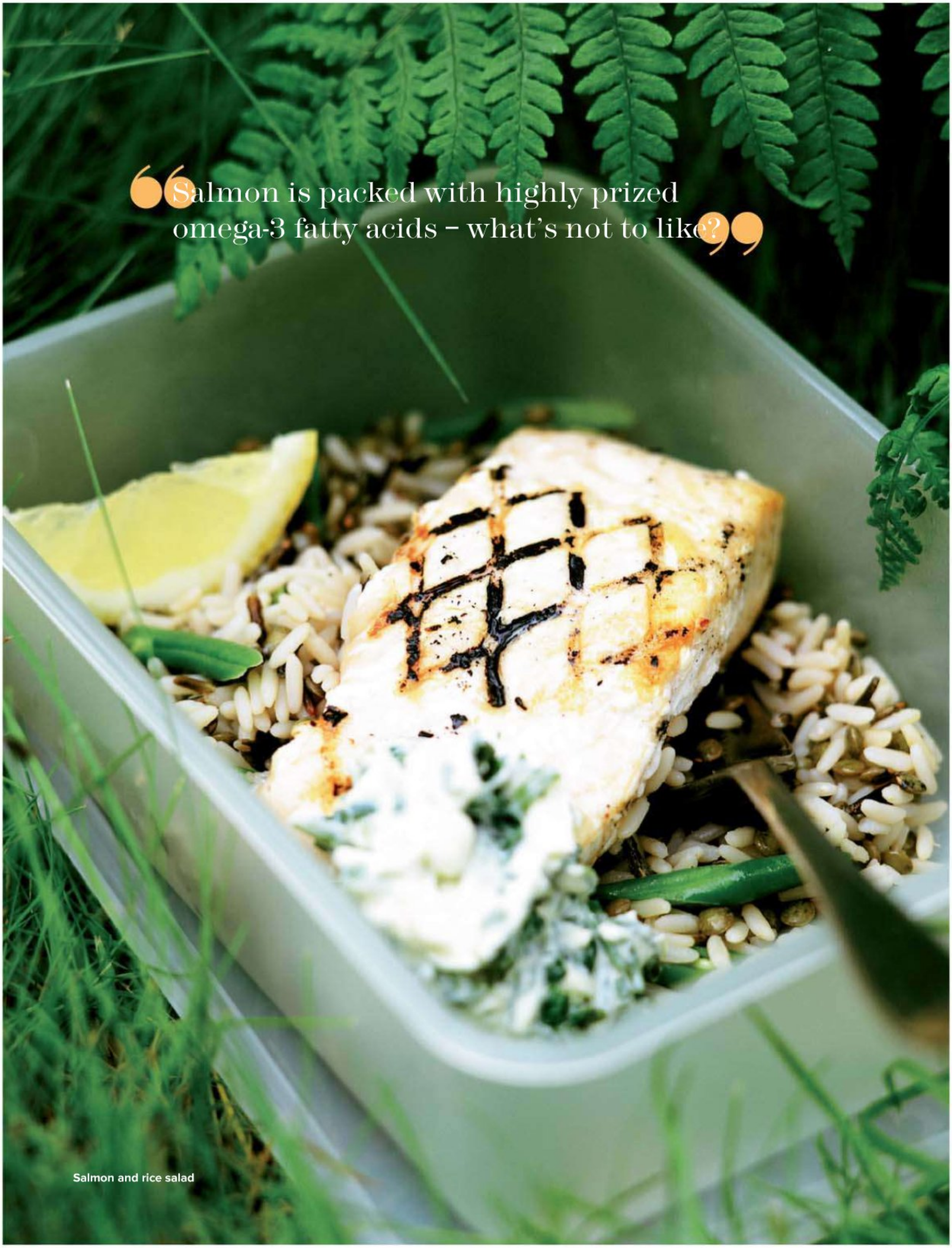
EASY / PREPARE AHEAD

4 organic salmon fillets
50g (2oz) puy lentils
100g (4oz) long-grain rice and wild rice mix
40g (1½oz) green beans, halved
finely grated rind and juice 1 lemon
1tbsp olive oil
2 spring onions, chopped
2tbsp chopped fresh parsley

1 Grill or barbecue the salmon until just tender but still moist inside, then leave to cool. Boil the lentils in salted water for 30 minutes or until tender, then drain.
2 Cook the rice in boiling salted water for 15 minutes until just tender, adding the beans for the last 5 minutes. Drain and rinse with cold water. Toss with the lentils, lemon rind and juice, olive oil, spring onions and parsley, then season to taste. Once cool, spoon into a plastic container and top with the cooked salmon fillets.
Per serving: 430 calories, 20g fat (3g saturated), 27g carbohydrate

WATERCRESS MAYONNAISE
Blanch 1 bunch of watercress and 2 spring onions, trimmed and chopped, in boiling water then refresh under cold. Dry, cool, then mix with 5tbsp low-calorie mayonnaise and a squeeze of lemon.

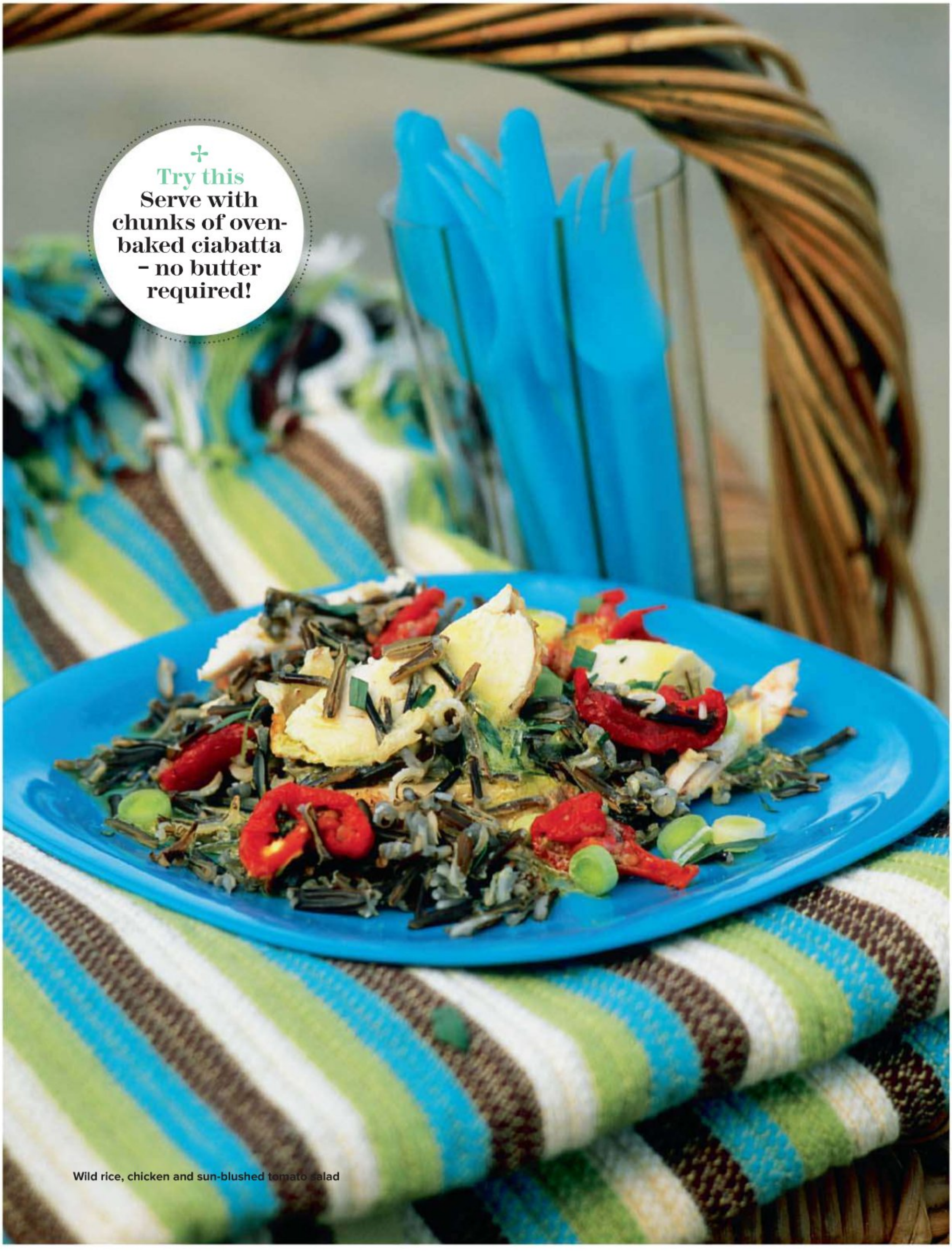
More at ebook-free-download.net or magazinesdownload.com



"Salmon is packed with highly prized omega-3 fatty acids – what's not to like?"

Salmon and rice salad

More at ebook-free-download.net or magazinesdownload.com



Wild rice, chicken and sun-blushed tomato salad

More at ebook-free-download.net or magazinesdownload.com

Wild rice, chicken and sun-blushed tomato salad

This protein-rich dish is low on calories but high in flavour, thanks to the wild rice.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
SERVES 4 TO 6

EASY / PREPARE AHEAD

150g (5oz) wild rice
2 cooked chicken breasts, sliced
6 spring onions, finely chopped
125g (4½oz) sun-blushed tomatoes, drained and chopped
2tbsp chopped tarragon
for the dressing:
1tbsp Dijon mustard
3tbsp tarragon or white wine vinegar
3tbsp extra virgin olive oil

1 Cook the rice until tender, according to the pack instructions.
2 Meanwhile, make the dressing. Place the mustard and vinegar in a small bowl and whisk together. Slowly add the oil until the dressing thickens. Season.
3 When the rice is cooked, drain and refresh under cold water. Stir in the cooked chicken, spring onions, sun-blushed tomatoes and dressing. Tip into a portable dish and scatter over the tarragon just before leaving the house.
Per serving: 375-250 calories, 14-9g fat (2-1.5g saturated), 36-24g carbohydrate

Ricotta and tomato tarts

Best eaten fresh from the oven, but perfect for afternoon nibbles in the sun.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 25 MINUTES
SERVES 6

EASY / PREPARE AHEAD

375g (13oz) ready-rolled puff pastry
250g (9oz) ricotta
100g (4oz) grated Gruyère
2 free-range egg yolks
2tbsp Dijon mustard
2 plum tomatoes, thinly sliced
2tbsp olive oil
1 sprig fresh thyme, leaves pulled off and stalks discarded
you will need:
muffin tray, greased

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Roll the pastry to make it slightly thinner. Cut out 10cm (4in) diameter circles and place into the muffin tray. Make sure the pastry doesn't overlap and there are no holes in the base.
2 Mix the ricotta, Gruyère, egg yolks and mustard in a bowl. Season and spoon into the cases. Lay 2 slices of tomato on top of each and scatter with thyme. Drizzle with olive oil and bake for 20 to 25 minutes until the pastry is brown and the filling is set.
Per serving: 415 calories, 30g fat (14g saturated), 25g carbohydrate

+ GREAT FOR VEGGIES

Green beans with soy, ginger and sesame

Green beans are an excellent source of manganese, and vitamins K and C.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 7 MINUTES
SERVES 4 TO 6

EASY / PREPARE AHEAD

200g (7oz) fine green beans, trimmed
1tsp sesame oil
1tsp freshly grated ginger
2tbsp sesame seeds
2tbsp light soy sauce
1tbsp rice vinegar

1 Bring a pan of water to the boil and add the beans. Bring back to the boil and cook for 5 minutes until just crunchy. Drain and run under cold water until cool.
2 Heat the sesame oil over a low heat and cook the ginger and sesame seeds for 2 minutes or until lightly golden. Add the soy sauce and vinegar. Allow to cool for 5 minutes and pour over the beans.
Per serving: 67 calories, 5g fat (1g saturated), 2.3g carbohydrate

Ricotta and tomato tarts

Green beans with soy, ginger and sesame

More at ebook-free-download.net or magazinesdownload.com

BURSTING WITH ALL THE COLOURS OF SUMMER, YOU CAN'T GET MUCH BETTER THAN THIS SALAD WHEN IT COMES TO A NUTRITION-PACKED LUNCH. THE MORE COLOUR YOU SEE, THE MORE YOU'LL BENEFIT HEALTH-WISE. "DIFFERENT ANTIOXIDANTS AND MICRO-NUTRIENTS ARE ASSOCIATED WITH DIFFERENT COLOURS," SAYS GORDON. "YOU NEED TO DIVERSIFY YOUR DIET AND AIM FOR A COLOURFUL PLATE."

GORDON RAMSAY'S

Rice noodle salad with prawns and Thai dressing

A great idea for a healthy working lunch. Just leave the noodles to cool completely before tossing with the other ingredients.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 10 MINUTES
SERVES 2 TO 3

EASY / PREPARE AHEAD

100g (4oz) thin rice noodles
drizzle sesame oil
200g (7oz) mangetout or sugar snap peas
1 large red pepper
1 large yellow or orange pepper
2 spring onions
200g (7oz) peeled, cooked prawns
handful coriander leaves
1tbsp toasted black or white sesame seeds, to sprinkle

for the dressing:

1 shallot, peeled and finely diced
2 garlic cloves, peeled and finely crushed
1 small red chilli, deseeded and finely chopped
2-3tbsp lime juice, or more to taste
2tbsp fish sauce
1tbsp light soy sauce
2½tbsp palm sugar (or soft brown sugar)
2tbsp toasted sesame oil

1 Bring the kettle to the boil. Place the rice noodles in a large heatproof bowl and pour on boiling water, ensuring that the noodles are fully immersed. Cover the bowl with clingfilm and leave to stand for 5 minutes or until the noodles are tender but still retaining a bite. Drain and immediately toss with the drizzle of sesame oil to stop them sticking together.

2 In the meantime, blanch the mangetout or sugar snap peas in a pan of boiling water for 2 minutes until they are just tender but still bright green. Refresh in a bowl of iced water, drain well, then cut on the diagonal into 2 or 3 pieces. Halve, core and deseed the peppers, then cut into long, thin slices. Trim and finely slice the spring onions on the diagonal.

3 For the dressing, put all the ingredients into a bowl and whisk lightly to combine.

4 Put the prawns, spring onions, mangetout and peppers into a large bowl and add the drained noodles, coriander leaves and sesame seeds. Pour the dressing over the salad and toss well to coat. Eat immediately or chill until ready to serve.

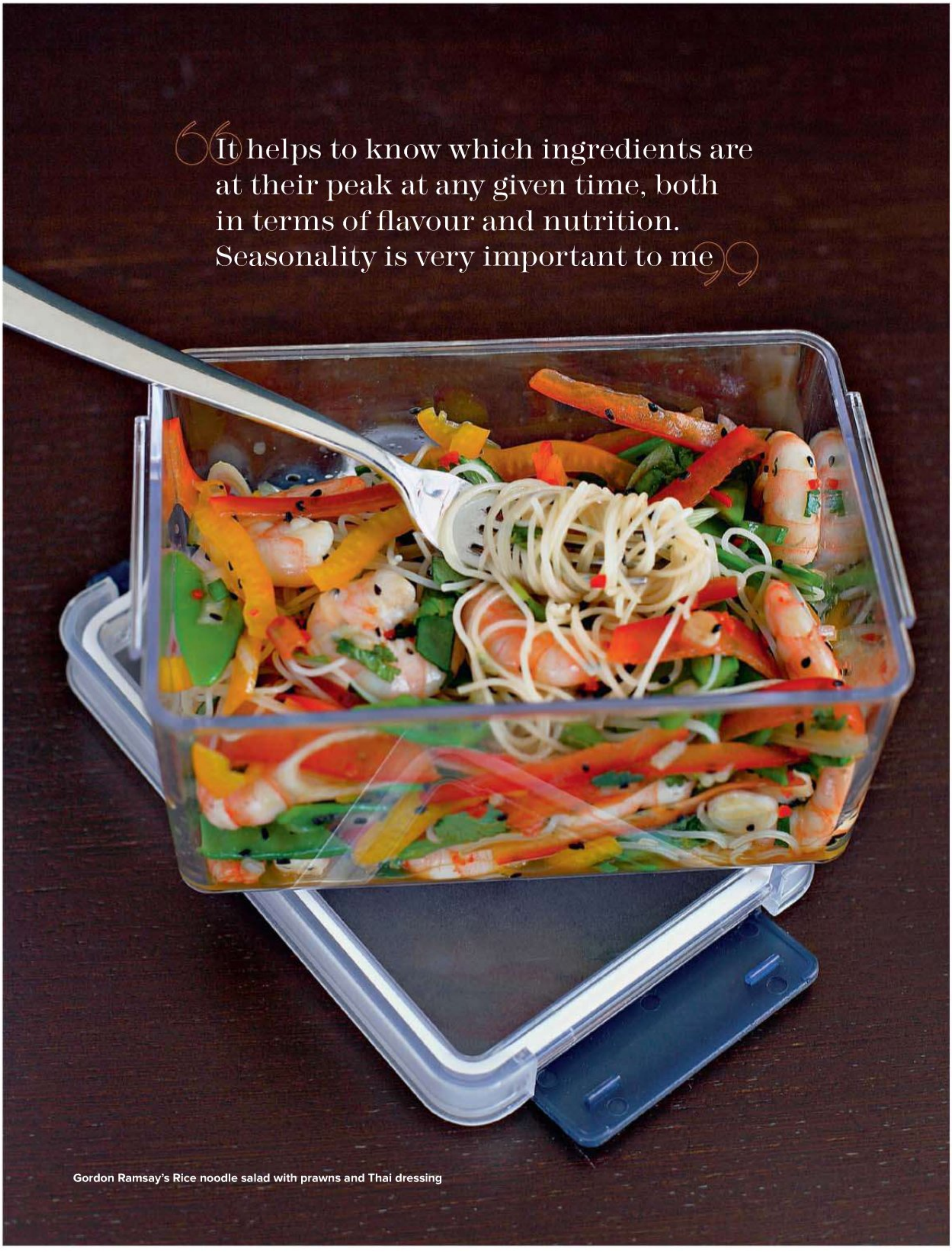
Per serving: 641-427 calories, 23-15g fat (4-2.5g saturated), 77-51g carbohydrate

GORDON RAMSAY'S HEALTHY APPETITE: RECIPES FROM THE F WORD (QUADRILLE, £20)

The super-fit Michelin-starred chef, marathon runner and high-energy TV presenter provides recipes packed with flavour, but not with calories. Gordon rejects the idea that healthy food should be dull, instead offering recipes that are both delicious, easy to prepare and cooked in a healthy way. Gordon says: "When it comes to putting a healthy dish together, balance and moderation is key."

MAIN PHOTOGRAPH LISA BARBER

More at ebook-free-download.net or magazinesdownload.com



> "It helps to know which ingredients are at their peak at any given time, both in terms of flavour and nutrition. Seasonality is very important to me"

Gordon Ramsay's Rice noodle salad with prawns and Thai dressing

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

Summer cheers

A long, hot summer (we hope!) means a lot of entertaining, fun, and inevitably rather a lot of drinks! But high alcohol is out – it's all about lightening up in the sun, and we've got some gorgeous ideas that are sure to become firm favourites

SUMMER WINES

Look to the lighter grape varieties in the summer. Go white or rosé in the daytime, served very well-chilled in gorgeous glasses – perfect for sipping in hot weather:

- **Muscadet,** from the western end of the Loire valley, is a lovely choice in the warm weather – crisp, dry and refreshing, it complements fish and seafood fantastically.
- Look out for **rosés from Provence,** too. Their delicate blush colouring looks gorgeous at garden parties, and their mellow flavour and acidity make them perfect for long, lazy afternoons relaxing in the shade.
- If you're a red drinker, a **Beaujolais** is a good choice for winding down in the evening. A light-bodied, low-tannin red, it is supposed to be served very lightly chilled, and works beautifully with both chicken and fish dishes.
- Daytime drinking can creep up on you, so it's also a good idea to serve spritzers at an afternoon event. White or rosé wines work well here, so work on a ratio of ⅔ wine to ⅓ sparkling water. Add plenty of ice and some lime or lemon wedges if you like. So refreshing!

COCKTAIL HOUR

It doesn't have to be fancy, but serving up a cocktail can be such a chic way to kick off a summer dinner party. Try one of our following favourites:

- **Hendrick's and tonic** Hendrick's gin is infused with cucumber and makes a perfect refreshing drink for a warm evening. Make up a big jug with lots of ice, some long slices of cucumber and a couple of whole sprigs of mint, then top with a good quality tonic (we like Fever-Tree).
- **Dark and stormy** It doesn't sound very summery, but its flavours certainly conjure up the Caribbean! Use a good quality golden rum, and add a measure to a long, iced glass. Top with some fiery ginger beer, squeeze in some lime wedges and a couple of drops of Angostura Bitters. Then just sit back and watch the sunset. Bliss!
- **Pimm's... with a twist** Our favourite summer drink, hands down, Pimm's is more versatile than you'd first think. Try making up a big punch bowl, topped with a mixture of good-quality lemonade and ginger ale (and a slug of brandy or gin, if you're feeling brave). Rather than the traditional apple and orange, try adding a mix of summer fruit – we love nectarines, fresh cherries and lychees, and of course, tons of fresh mint. If you can find borage flowers, so much the better – and they look great!
- **Champagne cocktails, without the Champagne** Rather than spending a fortune on top-quality Champagne for cocktails, choose a good-quality Prosecco, which is far cheaper and wonderfully light and fizzy. Try blending your own fruit purées for bellinis – peach, raspberries and strawberries work well, or add a splash of elderflower cordial and a couple of whole raspberries.

STOCK UP ON THE ICE

While some people think that ice dilutes their drinks, if you use enough, it actually does the opposite. Using large amounts will keep your drink so cool that it won't start to melt until long after you've finished! So make sure you pile your glasses and jugs high – it looks lovely, too.

FOR THE DRIVERS...

...or simply for those who don't drink, it's always wise to have some delicious non-alcoholic alternatives at your party. But forget about the pop, with the right ingredients, soft drinks can be every bit as delicious as the boozy ones!

- **Fruit sparklers** Sparkling water is a wonderful summer drink and can be jazzed up so easily. Try a combination of elderflower blossoms, sliced cucumber and mint sprigs – divinely pretty in a glass jug and so refreshing. For something sweeter, try sliced red grapes, Charentais melon and strawberries. You could even purée the fruit and serve in Champagne flutes topped up with water as a virgin bellini.
- **Fruit pressés** The quintessential French café drink, lemon and orange pressés are the ultimate make-it-yourself soft drinks. Serve a jug of freshly squeezed lemon or orange juice, with a bowl of caster sugar and a choice of still or sparkling water (and, of course, a bowl of ice). Then simply sit back and let your guests mix their own drinks according to their preference. The Vietnamese also serve this with lime juice, which we think is even better.
- **Iced jasmine tea** Look out for flowering jasmine tea in the speciality food sections of supermarkets. Put a few closed buds into a glass jug, fill up with boiling water (put a couple of metal spoons in to absorb the heat and prevent the glass from cracking), then add a few spoonfuls of sugar, stir and chill. Serve topped up with ice cubes, with the flowers still in the jug, and a squeeze of lemon. So pretty!

CLICK ONLINE

For more drinks ideas and recipes, visit www.womanandhome.com.

PHOTOGRAPH RICHARD JUNG PROP STYLING SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

BBQ – the big grill

It's time to move on from a lonely sausage and burnt chicken drumstick, and we have some delicious recipes the most discerning Aussie would be proud of! It's fine to eat barbecued food as long as it's not a daily habit. Load up your plate with antioxidant-rich salads and sides, then add in all that vitamin D from the sunshine!

More at ebook-free-download.net or magazinesdownload.com

PHOTOGRAPH RICHARD JUNG **PROP STYLING** SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

Grilled red snapper

Grilled red snapper

Black bream or mullet are also good options for this recipe.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 20 MINUTES
SERVES 4

EASY

1 bulb fennel, halved and finely sliced
zest and juice 1 lemon
4 level tbsp olive oil
4 x 450g (1lb) red snapper, cleaned and gutted
12 fresh bay leaves

1 Mix the fennel, lemon zest, half the lemon juice and 1 level tbsp of the olive oil. Divide the mixture between the cavities of the fish and marinate in a non-metallic dish for about 30 minutes.
2 Barbecue the fish for 20 minutes, turning once, and brush with extra olive oil during cooking. Drizzle over the remaining lemon juice and oil, and serve with the bay leaves.
Per serving: 462 calories, 16g fat (3g saturated), 0.5g carbohydrate

+ RED SNAPPER KNOW-HOW
Considered one of the finest white fish, the red snapper is full of omega-3 fatty acids. If you're cooking with the skin on, stop the fillets from curling by gently scoring the skin with a sharp knife. It's ready when the thickest part of the fish flakes away with a fork.

+ GREAT FOR VEGGIES

Sweetcorn with chilli and lime butter

The lime butter tastes great with steaks, fish and seafood pasta, too.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 20 MINUTES
SERVES 6

EASY / PREPARE AHEAD

6 sweetcorn cobs
for the lime butter:
75g (3oz) butter
1 large red chilli
zest 2 limes
4tbsp vegetable oil
you will need:
string

1 Peel back the cobs' husks but don't remove them. Cook in boiling water for 1 to 2 minutes until almost tender.
2 For the lime butter, mix together all the ingredients and spread over the cobs. Pull the husks back over the cobs and tie each with string to hold in place. Barbecue for 10 to 15 minutes.
Per serving: 252 calories, 19g fat (8g saturated), 17g carbohydrate

Fresh and salty sardines

Feel-good sardines are full of omega-3s and inexpensive, too.

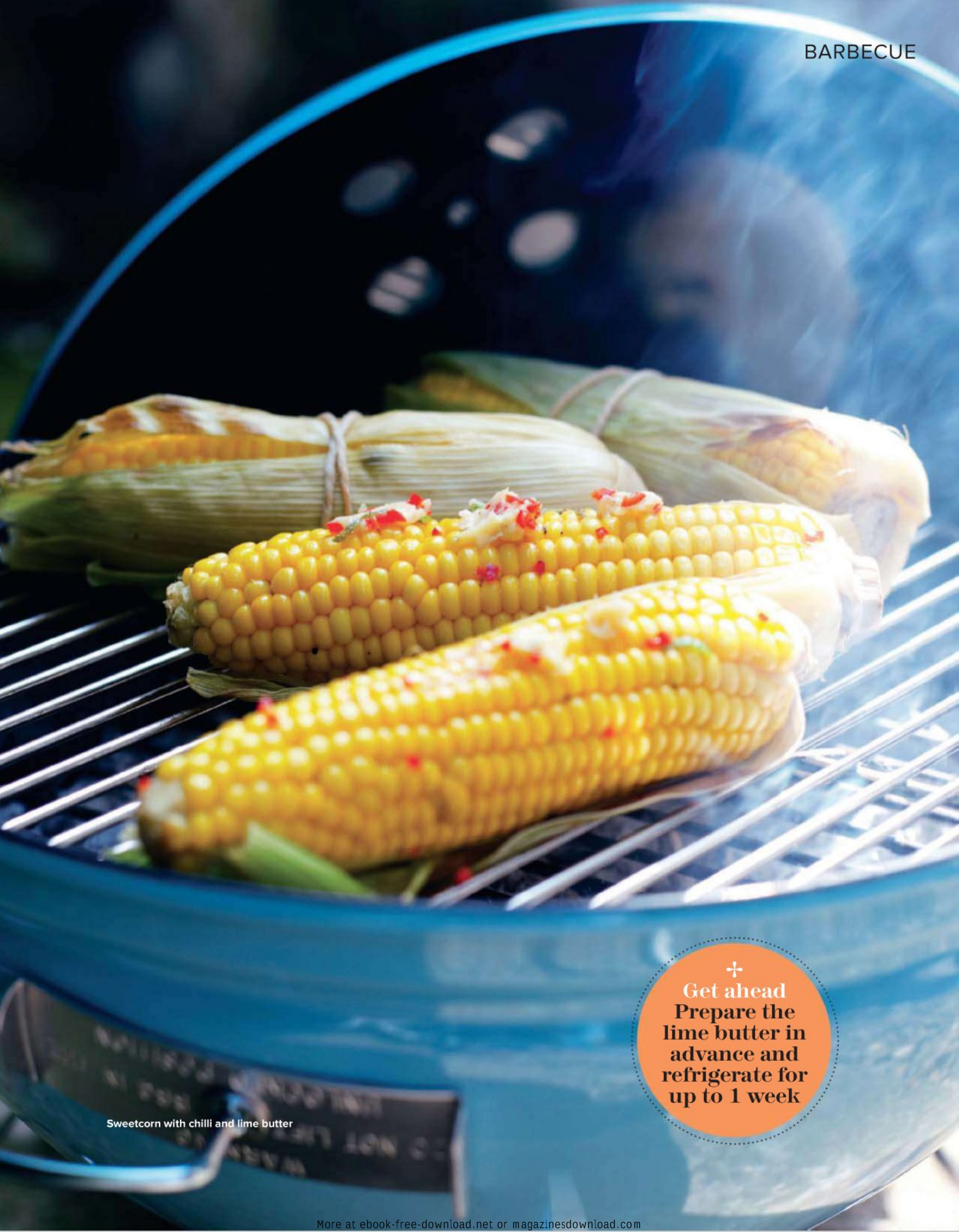
PREPARATION TIME: 20 MINUTES, PLUS CHILLING
COOKING TIME: 5 MINUTES
SERVES 4

EASY

24 fresh sardines
sea salt

1 Wash and gut the sardines, put into a large dish and sprinkle over some sea salt – this will make the fish firmer and add flavour. Cover and refrigerate for an hour.
2 Wash and dry the sardines, arrange on your fish grill and barbecue for a couple of minutes on each side, then serve.
Per serving: 250 calories, 14g fat (4g saturated), 0g carbohydrate

More at ebook-free-download.net or magazinesdownload.com



Sweetcorn with chilli and lime butter

Get ahead
Prepare the lime butter in advance and refrigerate for up to 1 week

More at ebook-free-download.net or magazinesdownload.com

FEEL GOOD+

FRESH FISH

Health experts recommend we eat at least one portion of oily fish a week, if not more, as its high content of omega-3 oils may help prevent heart disease and some forms of cancer and promote brain and memory function. If eaten with the bones intact, sardines are also a great source of calcium, and if you've only ever eaten the tinned variety, you're in for a treat with the fresh, as they are so much more flavoursome. Cooking over hot coals brings out the best in them too, as the smoky flavour adds depth.

Fresh and salty sardines (recipe page 56)

More at ebook-free-download.net or magazinesdownload.com

Try this
The Cajun rub also tastes great with salmon fillets, prawns and chicken

Steak and Cajun rub (recipe page 61)

More at ebook-free-download.net or magazinesdownload.com

> "Lean steak served Asian style with a simple noodle salad – flavour perfection!"

FEEL GOOD+

BEEF KNOW-HOW

We've given you a choice of cuts for this recipe but when cooking meat on the barbecue, look for cuts that have a little fat around them, as this helps to keep the meat moist. If you're cooking individual steaks, reduce the cooking time. For a 175-200g (6-7oz) steak, allow 3 to 4 minutes each side for medium-rare, 5 to 6 minutes each side for medium and up to 8 minutes each side for well done. Always allow meat to rest for a few minutes after cooking.

Teriyaki beef and chilled noodle salad

More at ebook-free-download.net or magazinesdownload.com

Teriyaki beef and chilled noodle salad

Make the noodle salad the day before to allow the flavours to develop.

PREPARATION TIME: 20 MINUTES, PLUS MARINATING
COOKING TIME: 20 MINUTES
SERVES 4

EASY / PREPARE AHEAD

600g (1lb 5oz) piece sirloin, rib-eye or rump of beef
3tbsp teriyaki marinade
for the noodle salad:
4tbsp each rice vinegar, soy sauce
1tsp caster sugar
200g (7oz) cooked fresh egg noodles

1 Put the beef in a dish, pour over the marinade and leave for at least 3 hours.
2 For the noodle salad, mix the rice vinegar, soy sauce and sugar; stir until the sugar has dissolved. Pour over the noodles, cover and chill. Bring the beef to room temperature, then barbecue for 10 minutes on each side. Rest for 10 minutes and slice thinly. Serve with the noodles and wasabi mayonnaise.
Per serving: 282 calories, 8g fat, (3g saturated), 31g carbohydrate

Steak and Cajun rub

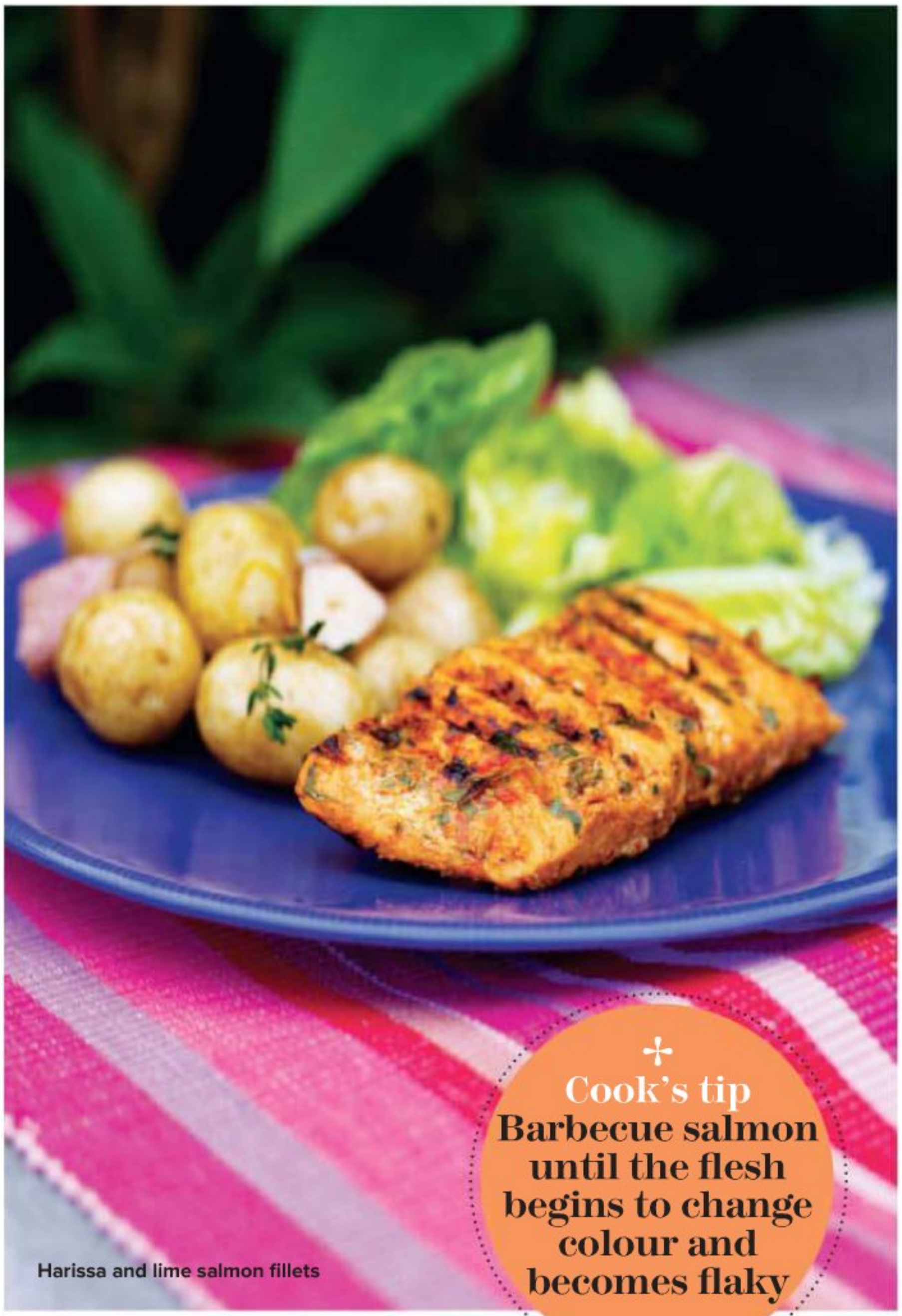
Prepare the rub in advance and store in an airtight container or jar for 2 weeks.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 6 TO 8 MINUTES
SERVES 6

EASY / PREPARE AHEAD

6 sirloin steaks
1tbsp sunflower oil
juice ½ lemon
for the rub:
1tbsp each cumin seeds, coriander seeds black peppercorns, dried basil, dried oregano
1tsp each garlic salt, hot smoked paprika

1 For the rub, heat a non-stick frying pan and add all the ingredients and 1tbsp salt. Toast for 1 to 2 minutes, then transfer to a pestle and mortar and grind until combined.
2 Brush the steaks with the oil and lemon, then dip in the rub. Cook for 3 to 4 minutes on each side, then serve.
Per serving: 241 calories, 9g fat (4g saturated), 0g carbohydrate



Harissa and lime salmon fillets

Harissa and lime salmon fillets

A fat-free sauce plus zesty flavours makes this a delicious low-fat dish.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 8 MINUTES
SERVES 6

EASY / PREPARE AHEAD

6 salmon fillets
for the marinade:
2tbsp harissa paste
1tbsp oil
zest and juice 1 lime
2tbsp fresh chopped coriander

1 Put the harissa paste, oil, lime zest and juice, and coriander into a bowl and season. Combine, then add the salmon fillets. Once the fillets are well coated, leave to marinate for 30 minutes, or overnight.
2 Barbecue salmon for 4 minutes each side and serve with new potatoes (see below).
Per serving: 300 calories, 19g fat (3g saturated), 0.5g carbohydrate

FRESH NEW POTATOES
Before cooking the potatoes, scrub gently to remove any dirt and loose skin. Place in a pan and cover with the minimum of boiling water. Cover and simmer for 20 minutes, or until just tender. Drain immediately – new potatoes are an excellent source of vitamin C but this dissolves in water – and serve with a knob of butter and chopped mint or chives.

More at ebook-free-download.net or magazinesdownload.com

Chicken on a beer can

> Cook's tip
> Pierce the chicken with a skewer. If the juices run clear, it's cooked

Chicken on a beer can

This might sound strange but, trust us, it works. The can of beer really keeps the chicken moist, so you'll end up with the most succulent bird ever.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 1 HOUR 40 MINUTES
SERVES 6

EASY / PREPARE AHEAD

1.8kg (4lb) chicken
2tbsp oil
3tbsp Cajun spice mix
440ml can lager
3tbsp marmalade

1 Remove any giblets from the chicken and rinse inside and out. Rub the oil and spice mix all over the skin, then season well.
2 Open the lager can and pour away (or drink) half, then place on a solid surface. Wedge the chicken onto the can, so the can is inside the bird's body cavity (the can, together with the chicken legs, should form a sort of tripod). Transfer to a medium-high heat on the barbecue and cook upright for 1 hour, with the grill cover on.
3 Mix together the marmalade with 1tbsp hot water and brush all over the bird. Leave off the grill cover and cook for a further 40 minutes until the juices run clear. Remove the chicken from the lager can (taking care – it's hot) and serve with sliced tomatoes and a scattering of rocket.
Per serving: 300 calories, 8g fat (2g saturated), 5g carbohydrate

Lamb, lemon and rosemary steaks with couscous and coleslaw

Nothing traditionally complements the flavour of lamb better than rosemary, but why not add 1tbsp Dijon mustard to the rub for an extra spicy note?

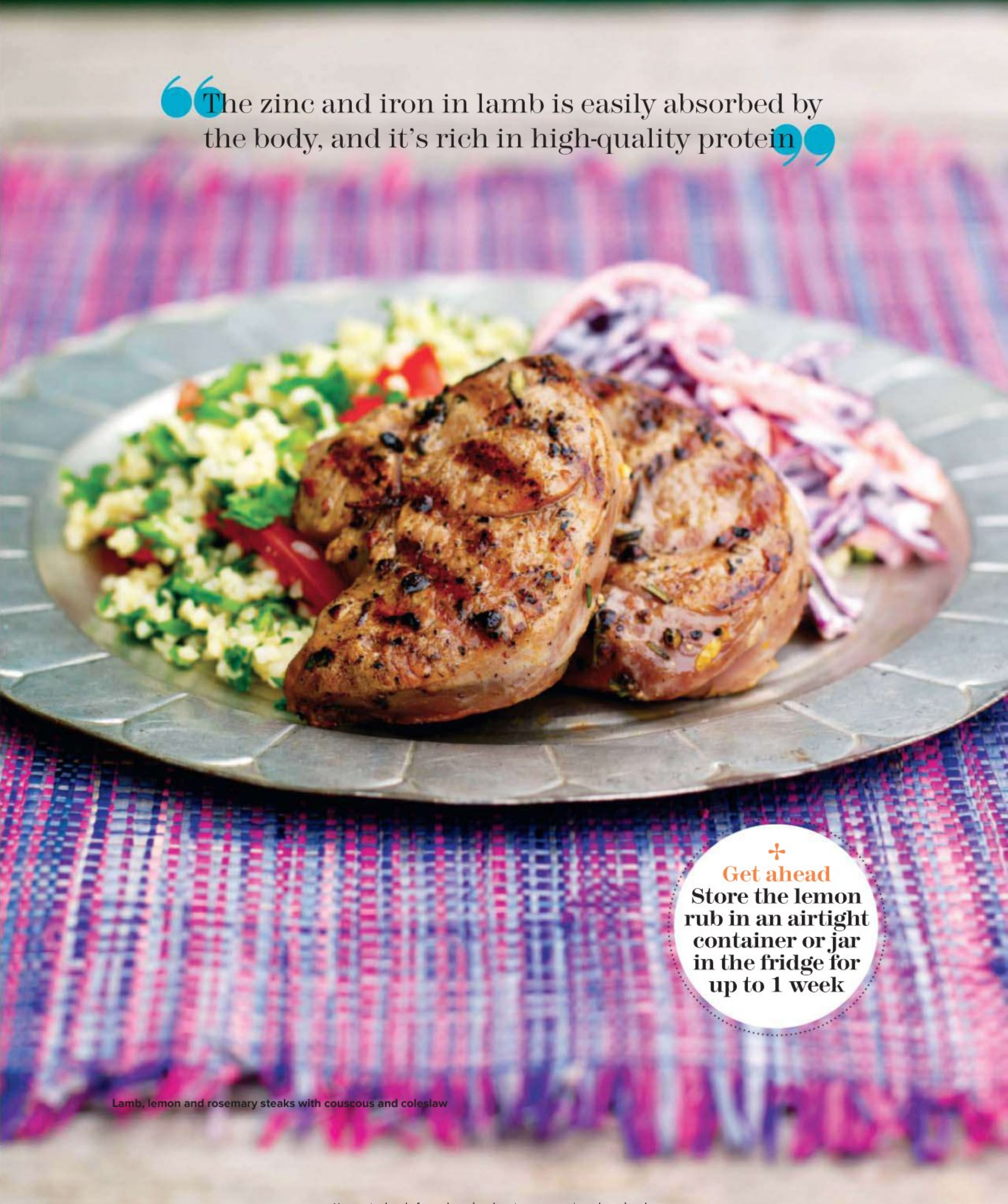
PREPARATION TIME: 20 MINUTES
COOKING TIME: 6 TO 8 MINUTES
SERVES 6

EASY / PREPARE AHEAD

6 lamb leg steaks
sunflower oil
for the rub:
zest 1 lemon
2 stalks of rosemary, leaves removed
for the couscous:
125g (4½oz) couscous
3tbsp chopped fresh coriander
1 roasted red pepper (from a jar is fine), diced
zest and juice 1 lemon
5tbsp olive oil
for the coleslaw:
¼ red cabbage, shredded
¼ white cabbage, shredded
1 red onion, finely sliced
4tbsp 2% Greek yogurt
zest and juice 2 limes

1 For the rub, put the lemon zest and rosemary into a pestle and mortar, add 2tsp sea salt and 1tsp ground black pepper, and grind until well combined. Rub over the lamb leg steaks and leave, covered, in the fridge until ready to cook.
2 Drizzle the lamb with sunflower oil and cook for 3 to 4 minutes on each side. Leave to rest for a few minutes.
3 For the couscous, cook according to pack instructions and leave to cool. Then simply add all the other ingredients and mix well. Season to taste. The coleslaw couldn't be simpler – just combine all the ingredients and season to taste. Serve all together once the lamb has cooled.
Per serving: 410 calories, 24g fat (7g saturated), 16g carbohydrate

More at ebook-free-download.net or magazinesdownload.com



> "The zinc and iron in lamb is easily absorbed by the body, and it's rich in high-quality protein"

Get ahead
Store the lemon rub in an airtight container or jar in the fridge for up to 1 week

Lamb, lemon and rosemary steaks with couscous and coleslaw

More at ebook-free-download.net or magazinesdownload.com

Smart idea
Shape the mixture into flat round circles to make burgers instead

Sausage and spring onion kofte

More at ebook-free-download.net or magazinesdownload.com

Sea salt and spicy chicken

Sausage and spring onion kofte

Sausages the feel good way: serve with warm pitta breads, tabbouleh and tzatziki. For a vegetarian option, simply replace the pork sausages with veggie ones.

PREPARATION TIME: 15 MINUTES, PLUS CHILLING
COOKING TIME: 8 TO 10 MINUTES
SERVES 6

EASY / PREPARE AHEAD

8 premium pork sausages
4 spring onions, chopped
2tbsp finely chopped coriander
1tbsp vegetable oil
you will need:
metal skewers

1 Take the stuffing from the sausages and put into a bowl with the spring onions and coriander. Season with salt and freshly ground black pepper.
2 With wet hands, form the mixture into long sausages and push a flat metal skewer into the middle of each one. Flatten the mixture down and around the skewer to make the sausages. Leave to firm up in the fridge for 30 minutes.
3 Brush with the vegetable oil and cook on the barbecue for 8 to 10 minutes.
Per serving: 410 calories, 24g fat (7g saturated), 16g carbohydrate

Sea salt and spicy chicken

Chicken wings are perfect for a barbecue – they soak up the flavours from a marinade quickly and cook in no time.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
COOKING TIME: 20 MINUTES
SERVES 6

EASY

24 chicken wings, wing tips chopped off
coarse sea salt, to serve
for the marinade:
juice 1 lemon
3tbsp olive oil
1 red chilli, deseeded and finely chopped
2tsp Chinese five spice powder, plus extra for sprinkling (optional)
you will need:
metal skewers

1 For the marinade, mix all the ingredients in a large shallow dish. Place the chicken wings in the dish and mix with the marinade. Leave for 30 minutes, or overnight.
2 Thread the chicken onto pairs of parallel skewers, 4 to 6 wings on each pair. Barbecue for about 20 minutes, turning a few times until the chicken is golden and tender. Sprinkle with sea salt and more five spice powder (optional). Serve hot or cold.
Per serving: 181 calories, 14g fat (3g saturated), 0g carbohydrate

FEEL GOOD+

CHICKEN KNOW-HOW

Poultry is an excellent source of protein and minerals, and chicken in particular is a rich source of vitamin A, which is needed for healthy skin.

You can't beat a good rub

Made from a combination of spices, herbs and seasonings, rubs are a quick way to flavour food and can be put on just before cooking, but the longer you sit the food in its rub, the more intense the taste.

+ A rub is easy if you have a well stocked spice cupboard. Think about Middle Eastern flavours by combining cumin, ground coriander and a little cinnamon, then add oil or lemon zest and juice. Add black pepper, but don't add salt until you are ready to cook. For a taste of India, try cloves, cardamom, cinnamon, cumin mixed with a little coconut milk.

+ If you don't have a lot of spices, there are some good ready-mixed rubs available to buy. We're great lovers of Bart Spices (Waitrose and *bartspices.com*) and Seasoned Pioneers (*seasonedpioneers.co.uk*).

More at ebook-free-download.net or magazinesdownload.com

Lime prawns

Lime prawns

Fresh, light and zingy, this is the taste of summer. You can up the veg factor: thread plump cherry tomatoes and mushrooms onto the skewers before cooking.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 10 MINUTES
SERVES 4

EASY / PREPARE AHEAD

16 large raw prawns, shells on
zest and juice 1 lime, plus 2 limes cut into wedges
2tbsp olive oil
2 garlic cloves, crushed
you will need:
metal skewers

Cook's tip
Limes are a healthy alternative to salt and other seasonings

1 In a large metallic bowl, combine the prawns, lime zest and juice, and olive oil. Season the mixture, cover, and leave to marinate for 30 minutes.
2 Thread the prawns and lime wedges onto the metal skewers and cook on the barbecue for 10 minutes, turning occasionally, until the prawns turn pink. Serve with a dish of mayonnaise flavoured with torn fresh basil.
Per serving: 80 calories, 6g fat (0.8g saturated), 0g carbohydrate

Paprika pork with rice salad

This couldn't be simpler, but the flavour packs a real punch. As well as cooking on the barbecue, you can use a ridged griddle pan indoors – perfect if it rains!

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
COOKING TIME: 30 MINUTES
SERVES 8

EASY / PREPARE AHEAD

800-900g (1lb 12oz-2lb) pork tenderloin
3 garlic cloves, crushed
1tbsp pimentón (smoked paprika)
3tbsp olive oil, plus a little extra for cooking
2tsp chopped fresh oregano
lemon wedges, to serve
for the rice salad:
350g (12oz) long grain rice
3tbsp black pitted olives, thinly sliced
100g (4oz) feta cheese, chopped
1 red onion, thinly sliced
1 cucumber, deseeded, chopped and peeled
1tbsp toasted pine nuts
3tbsp olive oil
1tbsp red wine vinegar

1 Cut the pork into 6 thick slices. Mix together the remaining ingredients with salt and freshly ground black pepper and use it to cover the pork really well. Place in a non-metallic dish, cover and marinate for at least an hour in the fridge, but preferably overnight.
2 For the rice salad, cook the rice in 700ml (1¼pt) water. Bring to the boil with a pinch of salt then turn down to a very low simmer and cover. Leave until all the water has evaporated and keep the lid on so it steams and dries out. Then refresh in a sieve under cold running water. Add all the remaining ingredients, gently toss together and season to taste.
3 Drizzle the pork with a little oil, then cook on the barbecue, or under the grill, for around 5 minutes per side, depending on the thickness of the pork. Serve immediately with a wedge of lemon to squeeze over, and the rice salad.
Per serving: 423 calories, 18g fat (5g saturated), 37g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

FEEL GOOD+

PORK KNOW-HOW

One of the leanest of all meats, pork is an excellent source of B vitamins and protein. It's ideal for barbecuing and gives a superb sticky, chargrilled blackness, but it's extremely important that the meat is cooked thoroughly. The best way to check for "doneness" is to insert a skewer or sharp knife into the meat – it's ready if there are no pink juices present.

"The healthiest way to eat pork is to trim off all the visible fat before cooking on the barbecue"

Paprika pork with rice salad

More at ebook-free-download.net or magazinesdownload.com

+ GREAT FOR VEGGIES

Halloumi skewers

Try the basil mix with any combo of veg.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 5 MINUTES
MAKES 12 SKEWERS

EASY / PREPARE AHEAD

500g (1lb 2oz) halloumi, cut into chunks
300g (10oz) cherry tomatoes, halved
4tbsp chopped basil
50ml (2fl oz) olive oil
1 large garlic clove, crushed
you will need:
wooden (bamboo) skewers

1 Put the halloumi and tomatoes into a bowl and mix with the chopped basil, olive oil and garlic clove; season.
2 Thread onto skewers and cook on the barbecue for 5 minutes, turning halfway. Serve with salad.
Per serving: 162 calories, 14g fat (7.5g saturated), 5g carbohydrate

"You don't have to be a vegetarian to enjoy these moreish skewers, which are great for prepping ahead"

Halloumi skewers

More at ebook-free-download.net or magazinesdownload.com

Cook's tip
This baked cheese dish works just as well with Brie or Vacherin

GREAT FOR VEGGIES

Baked Camembert

The box plus the rind of the Camembert acts as a container for the runny cheese.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 20 MINUTES
SERVES 6

EASY

***1 Camembert cheese, in its box**
1tsp rosemary leaves, chopped
2tsp orange zest

1 Remove the plastic covering and put the cheese back in the box. Remove any plastic labels from the box, then cook on the barbecue over medium coals for 20 minutes.
2 Remove from the heat, slice off the top layer of rind and sprinkle with the rosemary and orange zest. Serve with lost of crusty bread to dunk into the cheese.
Per serving: 121 calories, 9.5g fat (6g saturated), 0g carbohydrate

Baked Camembert

Stuffed aubergine rolls

GREAT FOR VEGGIES

Stuffed aubergine rolls

Try replacing the mozzarella with crumbled Greek feta for a saltier taste.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
SERVES 4

EASY

3 aubergines, sliced lengthways
100ml (4fl oz) olive oil
6tbsp pesto
***300g (10oz) mozzarella, sliced**
75g (3oz) sun-dried tomatoes in oil, drained and sliced
large bunch fresh basil

1 Brush the aubergines with the olive oil and season. Barbecue for 5 minutes on each side until soft and lightly charred.
2 Spread one side with the pesto, divide the mozzarella and tomatoes between slices, then top with the basil. Roll up and secure with cocktail sticks that have been soaked in cold water for 30 minutes. Barbecue for 5 minutes until lightly charred and oozy. Serve immediately.
***NOTE:** for strict vegetarians, ensure the cheese is suitable
Per serving: 552 calories, 50g fat (13g saturated), 5g carbohydrate

Steaks topped with oozy melted cheese

Steaks topped with oozy melted cheese

Just a little blue cheese will really bring out the flavour of the beef.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 10 MINUTES
SERVES 4

EASY / PREPARE AHEAD

2tbsp olive oil
3tbsp balsamic vinegar
4tbsp chopped fresh oregano
200g (7oz) shallots, halved if large
4 x 150g (5oz) fillet steaks
150g (5oz) blue cheese, sliced
you will need:
wooden (bamboo) skewers

1 Put the olive oil, balsamic vinegar, oregano and shallots in a large bowl. Season, combine and add the fillet steaks. Marinate for 1 hour.
2 Skewer the shallots and barbecue for 10 minutes, until lightly charred and tender.
3 For medium steaks, cook on the barbecue for 4 minutes; turn over and top with the cheese. Cook for a further 2 to 3 minutes until the cheese is melted and the steak is charred. Serve on crusty bread with the shallots.
Per serving: 420 calories, 26g fat (12g saturated), 7g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

Smart idea
This salsa is delicious with fish. Serve as a topping for grilled halibut

GREAT FOR VEGGIES

Red pepper and tomato salsa

Low in calories and top of the list when it comes to versatility, red peppers are also great for boosting antioxidant levels.

PREPARATION TIME: 10 MINUTES
SERVES 6

EASY / PREPARE AHEAD

280g jar roasted red peppers, drained and cut into strips
150g (5oz) cherry tomatoes, quartered
2tbsp chopped coriander
2tbsp chopped basil
½ large red chilli, chopped
1tbsp olive oil
½tbsp red wine vinegar
½tsp sugar

1 In a bowl, mix the peppers, cherry tomatoes, coriander, basil, chilli and oil.
2 Stir to combine, then add the red wine vinegar and sugar, plus some seasoning to taste. Top with more chopped basil before serving, if liked.
Per serving: 40 calories, 2g fat (0.5g saturated), 4g carbohydrate

From front: Fruity mayo, Barbecue tomato sauce, and Red pepper and tomato salsa

GREAT FOR VEGGIES

Barbecue tomato sauce

Ketchup is a must-have at any barbecue, of course – but add a few extras and it can taste out of this world...

PREPARATION TIME: 10 MINUTES, PLUS COOLING
COOKING TIME: 10 MINUTES
SERVES 6

EASY / PREPARE AHEAD

1 garlic clove, crushed
½ red chilli pepper, chopped
4tbsp tomato purée
8tbsp tomato ketchup
1tsp brown sugar
1tsp dark soy sauce

1 Fry the garlic and chilli pepper in a pan with a little olive oil, stirring occasionally.
2 Add the rest of the ingredients and stir to combine; simmer for 5 minutes. Cool before serving.
Per serving: 34 calories, 0g fat, 8g carbohydrate

FRUITY MAYONNAISE

The egg yolks and vegetable oil in mayonnaise provide vitamin E, but how about making it a little fruitier?

- Mix 10tbsp low-fat mayonnaise with 2tbsp mango chutney and 1tbsp coriander. Add a good grind of black pepper and sprinkle over a little chopped basil to serve.

More at ebook-free-download.net or magazinesdownload.com

+ GREAT FOR VEGGIES

Tuscan bean salad

A big bowl of this colourful salad is an economical way to feed a large group of people – and it's good for you! Serve on its own or as a relish for burgers and steaks.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 5 MINUTES
SERVES 12

EASY / PREPARE AHEAD

300g (10oz) ciabatta, halved
400g tin borlotti beans, drained and rinsed
400g tin cannellini beans, drained and rinsed
6 tomatoes, deseeded and chopped
1 red onion, chopped
20g pack basil, torn
2tsp grainy mustard
juice 2 lemons
6tbsp light olive oil

1 Heat the grill to high and slice the halved ciabattas into cubes. Toast the bread until lightly browned.
2 Combine the borlotti and cannellini beans in a bowl, then add the tomatoes, red onion and basil. Stir in the mustard, lemon juice, olive oil and the toasted ciabatta. Season and serve.
Per serving: 180 calories, 7g fat (1g saturated), 25g carbohydrate

From front: Tuscan bean salad, Tabbouleh, and Red cabbage and apple colesaw

+ GREAT FOR VEGGIES

Tabbouleh

Bulgar wheat gives this traditional Middle Eastern salad dish an extra healthy kick. The wheat is a useful source of dietary fibre and B complex vitamins.

PREPARATION TIME: 10 MINUTES, PLUS SOAKING
SERVES 12

EASY / PREPARE AHEAD

100g (4oz) bulgar wheat
200ml (7fl oz) hot stock
85g (3½oz) parsley, chopped
2 garlic cloves, crushed
2 beef tomatoes, deseeded and chopped
2tsp cumin
juice 1 lemon
juice 1 lime

1 In a large bowl, soak the bulgar wheat in the hot stock for 30 minutes, or until the wheat has absorbed all the stock.
2 Transfer to a separate bowl, add the remaining ingredients and a generous glug of olive oil. Season well and combine.
Per serving: 35 calories, 0g fat, 7g carbohydrate

+ GREAT FOR VEGGIES

Red cabbage and apple coleslaw

For intense tanginess, prepare this dish several hours in advance and leave in the fridge. Toss again before serving to bring out the full flavour.

PREPARATION TIME: 15 MINUTES
SERVES 12

EASY / PREPARE AHEAD

1 red cabbage, shredded
2 large sweet onions, sliced
3 carrots, grated
2 Granny Smith apples, peeled and grated
8tbsp low-fat mayonnaise
2tbsp red wine vinegar

1 Mix together the red cabbage, sweet onions, carrots and apples in a large bowl.
2 Add the mayonnaise and red wine vinegar; stir to combine. Season and mix well just before serving.
Per serving: 65 calories, 3g fat (0.5g saturated), 8g carbohydrate

+ TRY THIS
If you're calorie-watching or concerned about your fat intake, make a dressing for coleslaw using 0% Greek yogurt, then combine it with a little red wine vinegar or lemon juice. Add a big flavour enhancer with chopped fresh herbs.

More at ebook-free-download.net or magazinesdownload.com

> When shopping for your chicken, look for plump, healthy, clean, shiny birds with even colour under the skin

ARGUABLY THE MOST COMMONLY EATEN MEAT, CHICKEN IS LOW IN FAT AND HIGH IN PROTEIN – AS WELL AS FLAVOUR – AND WHAT BETTER WAY TO COOK IT DURING THE SUMMER MONTHS THAN ON THE BARBIE? JOHN ADVISES THAT: "WHEN COOKING OVER COALS, REMEMBER: IF THERE ARE FLAMES, IT AIN'T READY." THE FAT FROM CHICKEN SKIN CAN ALSO CAUSE FLARE-UPS ON THE BARBECUE, SO AVOID RUBBING OIL ALL OVER IT AS YOU WOULD IF YOU WERE COOKING ON A GRIDDLE PAN.

JOHN TORODE'S

Buffalo wings and drumsticks

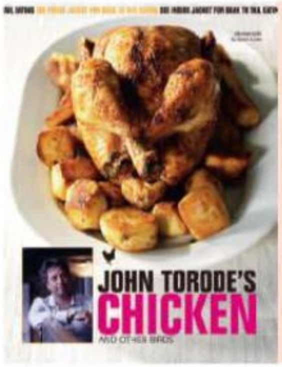
The Americans are mad about buffalo wings but in Britain we seem to think that they're just skin and fat. The truth is, chicken wings are very tasty: the skin cooks to be crisp and delicious, especially when the wings have been marinating for a while. The joy of sucking the meat from the wings fresh from the barbie is great and the kids will love them – they are allowed to use their fingers, after all.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 20 MINUTES
SERVES 8

EASY / PREPARE AHEAD

200ml (7fl oz) tomato ketchup
100ml (4fl oz) light soy sauce
100ml (4fl oz) olive oil
50ml (2fl oz) Worcestershire sauce
25ml (1fl oz) Tabasco sauce (optional)
1 garlic clove, crushed
1 egg yolk
12 chicken wings
12 chicken drumsticks

1 The night before, mix together the ketchup, soy sauce, oil, Worcestershire sauce, Tabasco (if using) and garlic. Stir well, then mix in the egg yolk. Clean the wings and drumsticks of feathers or yucky bits, drop them in the marinade and leave overnight. If short on time, try to marinate them for a few hours at least.
2 Heat the barbecue and once the coals are white with a little ash, place the wings and drumsticks on it. If using a gas barbecue, turn it up high to get it really hot, then reduce the heat to medium once you've put on the chicken pieces. Leave for a few minutes, then start to move them around. If the barbecue starts to flare, take the chicken pieces off briefly or move them around more often. I cook wings and drumsticks for a good 20 minutes, so the outsides are well coloured and the skin is starting to crisp.
3 Once cooked, pile the chicken up on a large plate and have a few finger bowls and plenty of napkins at the ready.
Per serving: 258 calories, 14g fat (2.5g saturated), 9g carbohydrate



JOHN TORODE'S CHICKEN AND OTHER BIRDS (QUADRILLE, £20)
Following the success of *John Torode's Beef And Other Bovine Matters*, the *MasterChef* judge is back with everything you need to know about chicken. The restaurateur – and fowl expert – reveals every which way to home cook a variety of birds, such as guinea fowl, quail, pigeon and partridge, and gives advice on how to make the best use of each part of the bird for good-value dishes full of flavour.

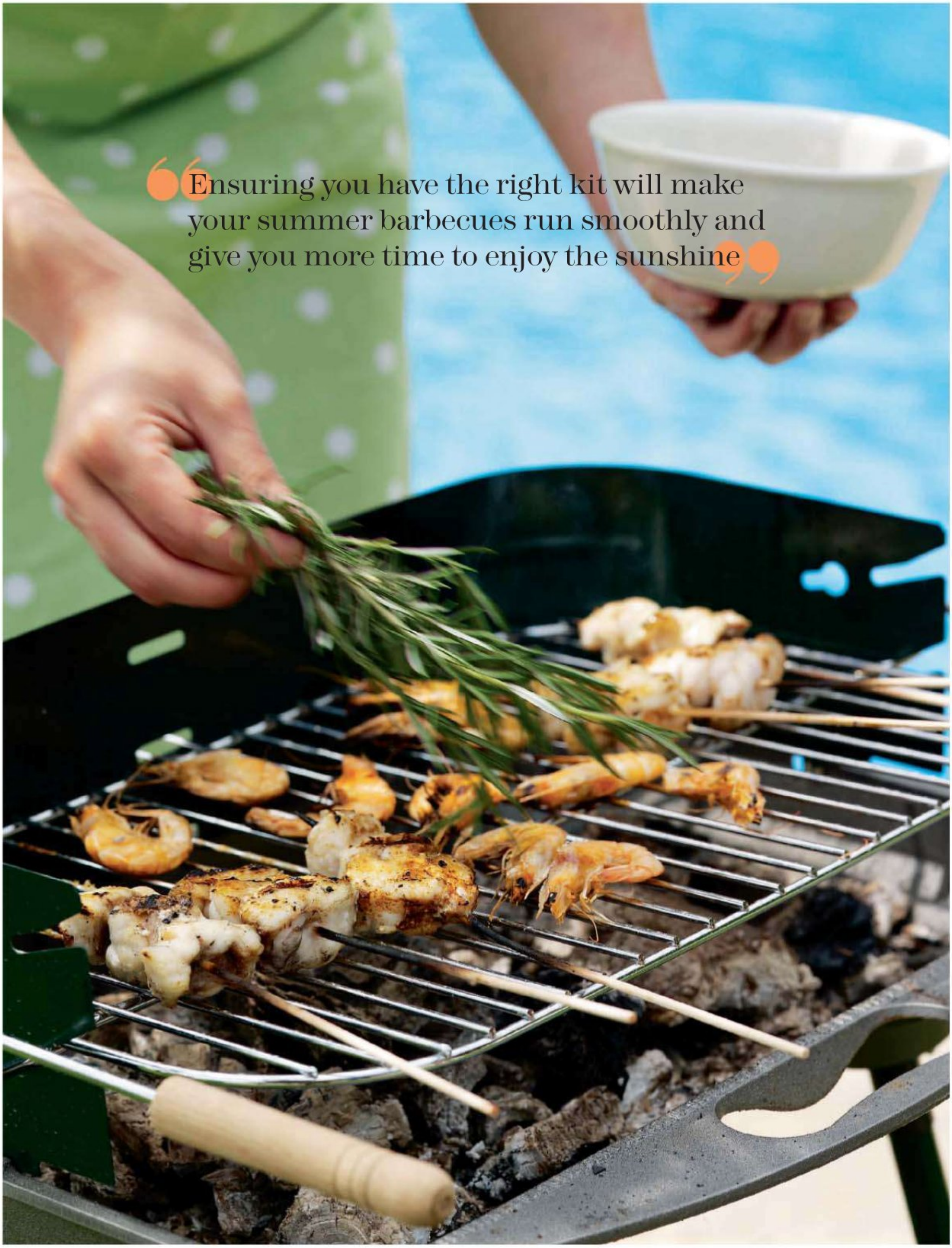
MAIN PHOTOGRAPH JASON LOWE

More at ebook-free-download.net or magazinesdownload.com

John Torode's Buffalo wings and drumsticks

More at ebook-free-download.net or magazinesdownload.com

> Ensuring you have the right kit will make your summer barbecues run smoothly and give you more time to enjoy the sunshine



More at ebook-free-download.net or magazinesdownload.com

Barbecue know-how

As the sun starts to shine, it's time to get outdoors, fire up the barbie and get cooking alfresco. Editor Jane Curran gives the lowdown on barbecuing essentials to make all your outdoor cooking that much simpler and tastier

✢ WHICH FUEL'S BEST TO USE?

Barbecue fans tend to fall into two camps: those who always insist on charcoal or wood for true barbecue flavour, and those who've been converted to the ease and speed of a gas model. I'm lucky enough to have both at home, as we are fanatical about cooking outdoors, but gas has a great advantage in that it's almost instant – you fire it up and ten minutes later, you're ready to throw on a couple of steaks.

However, lighting charcoal suddenly became easier with the arrival of the chimney starter, first pioneered by Weber. It's basically a conical metal chimney, which starts off the coals much more quickly, and it's a reasonably priced investment at £19.98 from diy.com – especially as you can then use the chimney to top up your barbie if you're cooking lots of food.

Of course, you can spend hundreds on an all-singing, all-dancing barbecue, but you can also find cute little bucket barbies for a bargain price. It all depends on how much you cook outdoors, but if you want to use your barbecue a lot, you should look for a robust model with cast-iron grills, as they last much longer. Chimineas and fire pits look fab and, of course, can be used for outdoor heating too, but won't really be able to cope with a major gathering.

If you decide to go for a gas barbecue, bear in mind that you will need to give it a regular thorough cleaning, or the gas nozzles can get blocked with fat and residue. And do buy one with a dome cover, especially if you like to cook larger pieces of meat, as this keeps the heat in and acts like an oven.

✢ GETTING THE HEAT RIGHT

How often have you forgotten to light the barbecue in time? You're not alone – I'm usually chatting away, and then... That's when the chimney starter comes in, which takes around 20 minutes. Your classic charcoal pyramid takes more like 40. Often, barbecue cooks put their food on too early, but you really do need to wait until the coals are white and the flames have died down. This is when it is at its hottest, and all flames do is burn your food, they don't cook it. I like to leave one side of the coals higher than the other so I have, literally, a hot spot and a cooler spot for cooking food through thoroughly once its nicely charred on the outside. Long tongs are a godsend, but the cheffy type with the smaller curved tong shape are so much easier to manipulate than those huge, stiff steel ones you often see. Try to buy a barbecue with a solid, cast-iron grill, where the grills aren't too far apart. The cast-iron gets much hotter than the thinner metal ones on the market. You are likely to pay for the privilege but they are also easier to clean and much more hard-wearing.

✢ HOW DO I KNOW IF IT'S COOKED?

✢ Small items, like burgers or sausages, will feel firm to the touch when cooked.
✢ With large pieces of meat, invest in a meat thermometer – inexpensive and foolproof. Or start the cuts off in the oven and finish cooking them on the barbecue.
✢ With chicken, especially drumsticks, it's better to overcook than under. Check by piercing the thickest part – the juices should run clear, and not be pink or bloody.
✢ Remember to oil just the meat or fish that you're cooking and never the grill. This will prevent sticking and too much flaming.

✢ COOKING FOR A CROWD

✢ Divide your barbie fare into a menu and grill in stages so that the cook also has a chance to eat.
✢ Just because you've invited friends for a "barbie", doesn't mean you can't cook or at least start some foods in the oven.
✢ Serve side dishes that can be prepared ahead of time.

Essential kit

✢ A wire brush is important for cleaning the grill – you can pick them up cheaply in DIY stores.
✢ Half a cut onion rubbed vigorously over the grill will clean it beautifully once hot.
✢ Use long tongs and a fish slice so you don't burn your arms when barbecuing, though you can buy long barbecue gauntlets for extra protection.
✢ Metal skewers last forever and are worth investing in so you can make kebabs. The wooden ones may burn and crack, no matter how long you soak them for.
✢ Organise a small "workstation" next to the barbie to keep equipment on, including oils, brushes, seasoning, herbs and marinades so you have it all there to hand.
✢ Fish grills are pretty important as fish can stick so easily. This is especially true if you cook small fish, like sardines, as they are tricky to turn over. Using a simple fish grill will flip them instantly, saving the delicious fish for your plate.
✢ If you are cooking extras for vegetarian guests, it's easier to buy a disposable barbecue. No self-respecting veggie wants to eat a halloumi kebab that tastes of steak!

CLICK ONLINE **For more barbecue inspiration, check out our recipes on www.womanandhome.com.**

More at ebook-free-download.net or magazinesdownload.com

Let's get together!

Summertime is ideal for a casual meet-up with friends, and somehow, summer cooking seems so much easier. We eat far more salad than on a cold winter's day, so is it something to do with all that gorgeous seasonal produce? It's simpler, healthier, and we've put together a collection of recipes, from summer cocktails to a Tex-Mex feast.

More at ebook-free-download.net or magazinesdownload.com

PHOTOGRAPH RICHARD JUNG PROP STYLING SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

Raspberry Champagne cocktails

So easy to make and tastes amazing – this is perfect for all festivities.

PREPARATION TIME: 10 MINUTES, PLUS DEFROSTING
MAKES 8 COCKTAILS

EASY

250g (9oz) frozen raspberries
1tbsp sugar
3tbsp Cointreau
1 bottle Champagne

1 Defrost the raspberries, pass through a sieve and mix with the sugar and Cointreau.
2 Pour 2.5cm (1in) of the raspberry purée into 8 Champagne flutes, then carefully top up with Champagne.
Per cocktail: 104 calories, 0g fat, 6g carbohydrate

Tarragon roasted chicken

A creamy-tasting, herb-infused sauce makes this dinner party dish extra special. But half-fat crème fraîche keeps calories down.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 45 TO 50 MINUTES
SERVES 6

EASY

50g (2oz) fresh tarragon
75g (3oz) butter, softened
6 free-range chicken supremes (see below)
1tbsp sunflower oil
12 shallots, peeled and halved
2 garlic cloves, crushed
250ml (9fl oz) white wine
6tbsp medium-dry sherry
1½tbsp cornflour, blended with 3tbsp cold water
100ml (4fl oz) half-fat crème fraîche

Raspberry Champagne cocktails

Cook's tip
To store fresh tarragon, wrap in damp kitchen paper, seal, and refrigerate

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Finely chop 40g (1½oz) of the tarragon and mix with the butter. Lift the skin from one side of each chicken portion and spread the butter underneath, then replace the skin. Place the chicken in a small roasting tin and bake in the oven for 20 minutes or lightly until browned.
2 Meanwhile, heat the oil and fry the shallots for 3 minutes until lightly browned. Add the garlic and cook for a further 20 to 30 seconds. Stir in the white wine and sherry, then bring to the boil. Remove the chicken from the oven and pour the shallot mixture over it. Bake for a further 20 to 25 minutes until the chicken is thoroughly cooked.
3 Using a slotted spoon, remove the chicken and shallots and place in a warmed dish. Pour the juices from the dish into a pan and stir in the cornflour mixture. Heat until bubbling and thick, then stir in the crème fraîche and season. Pour over the chicken, garnish with the remaining tarragon and serve with rice, asparagus and strips of pancetta.
Per serving: 380 calories, 17g fat (9g saturated), 6g carbohydrate

FEEL GOOD+

CHICKEN KNOW-HOW

Chicken supremes are available from your butcher. They are part-boned breasts with the wing tips left on so they are larger than fully-boned out breasts, but just as easy to slice. They're a very versatile cut and can be used for just about any dish. We always recommend you buy free-range chicken.

More at ebook-free-download.net or magazinesdownload.com

> The fresh tarragon brings out a warm, aromatic aniseed flavour in the chicken

Tarragon roasted chicken

More at ebook-free-download.net or magazinesdownload.com

Spiced lamb burgers with Greek salad

More at ebook-free-download.net or magazinesdownload.com

Spiced lamb burgers with Greek salad

There's no better way to complement lamb burgers than with a healthy Greek salad.

PREPARATION TIME: 20 MINUTES, PLUS CHILLING
COOKING TIME: 10 MINUTES
SERVES 8

EASY / PREPARE AHEAD

for the lamb burgers:
2kg (4½lb) minced lamb
2 onions, finely chopped
finely grated zest 2 lemons
2tbsp chopped fresh coriander
4 garlic cloves, crushed
4tsp ground coriander
2tsp ground cumin
for the Greek salad:
1 cucumber, halved lengthways, deseeded then thickly sliced
8 ripe tomatoes, cut into quarters then into eighths
1 red onion, halved and thinly sliced
250g (9oz) feta cheese, cubed
100g (4oz) pitted black olives
1tbsp chopped fresh oregano
juice 1 lemon
4tbsp extra virgin olive oil

1 To make the lamb burgers, place all the ingredients in a large bowl and mix together thoroughly (clean hands are best for this). Season with salt and black pepper and shape into 16 equal-sized burgers. Chill until you are ready to cook them.
2 For the Greek salad, combine the cucumber, tomatoes, red onion, feta cheese and olives in a large bowl. Season well with salt and pepper, sprinkle over the oregano and mix well. Pour over the lemon juice and olive oil, and mix again.
3 To cook the burgers, brush each side with a little oil and grill on a hot barbecue, or cook under the grill, for 5 minutes each side. Allow to rest for a couple of minutes and serve with the salad, and a side of toasted pitta bread and tzatziki.
Per serving: 670 calories, 47g fat (21g saturated), 7g carbohydrate

+ GREAT FOR VEGGIES

Roasted onion and potato slices

Oven baking keeps the saturated fat to a minimum, making this a winning recipe.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 40 MINUTES
SERVES 6

EASY / PREPARE AHEAD

1kg bag baking potatoes, peeled and sliced into 1cm (½in) thick rounds
3tbsp oil
½tsp paprika
2 red onions, sliced in rounds

1 Heat oven to 200 C, 180 C fan, 400 F, gas 6. Pat dry the potatoes and mix with 2tbsp of the oil and the paprika. Season with salt and freshly ground black pepper, then transfer to a large non-stick roasting tin and spread out in a single layer.
2 Bake in the oven for 20 minutes, turning occasionally to prevent them from sticking. Mix the red onions with the remaining oil and scatter onto the potatoes. Cook for a further 15 to 20 minutes until golden.
Per serving: 190 calories, 6g fat (0.8g saturated), 32g carbohydrate

+ GREAT FOR VEGGIES

Thyme and lemon courgettes with fennel

Fennel is full of good-for-you nutrients, including vitamin C, fibre and potassium.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES
SERVES 6

EASY / PREPARE AHEAD

3tbsp olive oil
1tbsp dried thyme
1 large bulb of fennel, thinly sliced
3 courgettes, sliced diagonally
zest and juice ½ lemon

1 Heat half the oil and the thyme in a large frying pan, then add the fennel and cook for 2 to 3 minutes. Remove from the pan and set aside.
2 Heat the remaining oil and fry the courgettes on a high heat for 2 to 3 minutes until almost tender. Return the fennel to the pan and add the lemon zest and juice. Season with salt and freshly ground black pepper, then serve.
Per serving: 61 calories, 6g fat (0.8g saturated), 1.5g carbohydrate

+ STRAWBERRY ORANGE SUNSET

This refreshing cocktail makes a change from classic Pimm's. Slice 2 oranges and 2 limes into small cubes, and mix with 2tbsp caster sugar. Squeeze the fruit to release the juices, then stir in 5 strawberries, hulled and halved, and put into a large jug. Pour in 100ml (4fl oz) each of Campari and gin, add ice cubes and top up with soda to taste.

More at ebook-free-download.net or magazinesdownload.com

Use any leftovers as a filling for a Spanish omelette to make a quick and tasty lunch dish

Roasted onion and potato slices (recipe page 81)

More at ebook-free-download.net or magazinesdownload.com

FEEL GOOD+

COURGETTE KNOW-HOW

To reap the health rewards from courgette, don't throw away the tender, nutrient-rich skin. Courgettes are low in calories, but high in minerals, vitamins, fibre, potassium and folates. Young courgettes can be eaten raw in salads – they're completely edible once their stem ends are trimmed – making them a must-have ingredient for healthy eaters. Always buy courgettes that are firm and unbruised.

Thyme and lemon courgettes with fennel (recipe page 81)

More at ebook-free-download.net or magazinesdownload.com

Tapas with peachy sangria

A platter full of colour: olives, tomatoes and loads of fruit in our fabulous sangria… the odd sliver of ham or cheese won't hurt!

PREPARATION TIME: 10 MINUTES, PLUS CHILLING
SERVES 6

EASY / PREPARE AHEAD

a selection of tapas: chorizo, Serrano ham, marinated olives, sun-blushed tomatoes, marinated anchovies and Manchego cheese

for the sangria:

2 nectarines or peaches, sliced
1 lemon, sliced
1 orange, sliced
1 bottle rosé wine, chilled
500ml (18fl oz) white grape, pear and apple juice
150ml (¼pt) vodka
splash of peach schnapps

1 To make the sangria, mix the nectarines or peaches, lemon and orange in a large jug, then pour in the rosé wine, white grape, pear and apple juice, and vodka. Add the splash of peach schnapps and chill for a few hours. Serve with extra ice.
2 For the tapas, simply serve all the ingredients in separate bowls and season well with salt and freshly ground pepper. Drizzle a little oil over each and serve with crusty bread on the side.
Per cocktail (not including tapas): 194 calories, 0g fat, 14.7g carbohydrate

Salmon with pesto and fresh tomato sauce

Salmon with pesto and fresh tomato sauce

A centrepiece dish perfect for a buffet – the tangy fresh sauce offsets the rich salmon perfectly.

PREPARATION TIME: 25 MINUTES, PLUS CHILLING
COOKING TIME: 35 MINUTES, PLUS RESTING
SERVES 8 TO 10

EASY / PREPARE AHEAD

2 x 450g (1lb) whole salmon fillets
190g jar pesto sauce
50g (2oz) ground almonds

for the tomato sauce:

4 large ripe tomatoes, roughly chopped
3tbsp red wine vinegar
200ml (7fl oz) olive oil

you will need:

kitchen or butchers' string

1 To make the tomato sauce, put all the ingredients into a blender and whizz until smooth. Season with salt and pepper, then cover and refrigerate.
2 Run your fingers along the cut side of the salmon, removing any stray pin bones with tweezers. Mix together the pesto sauce and almonds. Cut a piece of string 3 times as long as the salmon. Place 1 fillet, skinned side out, on the string (this just makes it less fiddly to tie up). Now spread the pesto mixture on top, leaving 2.5cm (1in) around the edges. Place the next piece of salmon on top, skinned side out. Tie up with the long string lengthways, then cut 4 pieces of string to go around the salmon (see photo) and tie widthways with a bow.
3 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Place in an oiled roasting tin (2 big fish slices should make it easy to lift). Drizzle with a little olive oil and bake for 35 minutes, so that it is just cooked through.
4 Remove from the oven, cover and leave to rest for 5 minutes (this is important as it makes it easier to cut). Serve with the fresh tomato sauce.
Per serving: 534-427 calories, 46-37g fat (5-4g saturated), 4-3g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

Tapas with peachy sangria

More at ebook-free-download.net or magazinesdownload.com

“Don’t add salt to the rub until just before cooking, or it will draw out the juices and make the meat dry”

Cook’s tip
When carving, use the shank bone as a guide and cut parallel to the bone

Cumin and coriander roasted leg of lamb

More at ebook-free-download.net or magazinesdownload.com

Cumin and coriander roasted leg of lamb

A small serving of lean lamb gives a large amount of important healthy nutrients.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 2 HOURS
SERVES 8

EASY / PREPARE AHEAD

2.5kg (5½lb) leg of lamb
for the rub:
1tbsp ground cumin
1tbsp coriander
1tbsp cayenne pepper
juice 1 lemon
2tbsp olive oil
1tbsp mustard powder

1 Mix the spices, lemon juice, olive oil and mustard powder together to form a paste. Rub all over the lamb leg, cover and leave to marinate for at least 2 hours or preferably in the fridge overnight.
2 When ready to cook, heat the oven to 200 C, 180 C fan, 400 F, gas 6. Season the lamb generously, and place on a wire rack over a roasting tin. Roast for 20 minutes, then reduce the heat to 180 C, 160 C fan, 350 F, gas 4 and cook for a further 1 hour 40 minutes, for lamb that is on the cooked side of pink. Remove from the oven and allow to rest for 10 minutes, before carving and serving with side salads.
Per serving: 539 calories, 37g fat (15g saturated), 0g carbohydrate

Asparagus wrapped in Parma ham

Asparagus is packed with nutrients such as folic acid, potassium and vitamins A and C.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
MAKES 30

EASY

30 asparagus spears
15 slices of Parma ham, halved widthways
5tbsp extra virgin olive oil
juice ½ lemon
for the vinaigrette:
2tbsp cider vinegar
1 garlic clove, crushed
½tsp caster sugar

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Wrap each spear in the ham and place on a baking sheet. Drizzle with 2tbsp of the oil and the lemon juice, and roast for 10 minutes until cooked and the ham has become crispy.
2 Meanwhile, mix together the vinegar, garlic and sugar. Season, then whisk in the rest of the oil. Serve on the side as a dip or pour over the spears.
Per serving: 30 calories, 2.5g fat (0.5g saturated), 0.3g carbohydrate

+ SPARKLING COCKTAIL (BELOW)
Delicious and classy, this old favourite is guaranteed to bring out the sunshine, and is an ideal accompaniment to asparagus and Parma ham. To make 2 cocktails, place 1 sugar cube in each Champagne flute, then add 15ml of sloe gin to each one. Add a couple of drops of lemon juice and top up with Prosecco.

Asparagus wrapped in Parma ham

More at ebook-free-download.net or magazinesdownload.com

Chicory with green beans and shallot dressing

Rich in antioxidants, green beans are always on our menu.

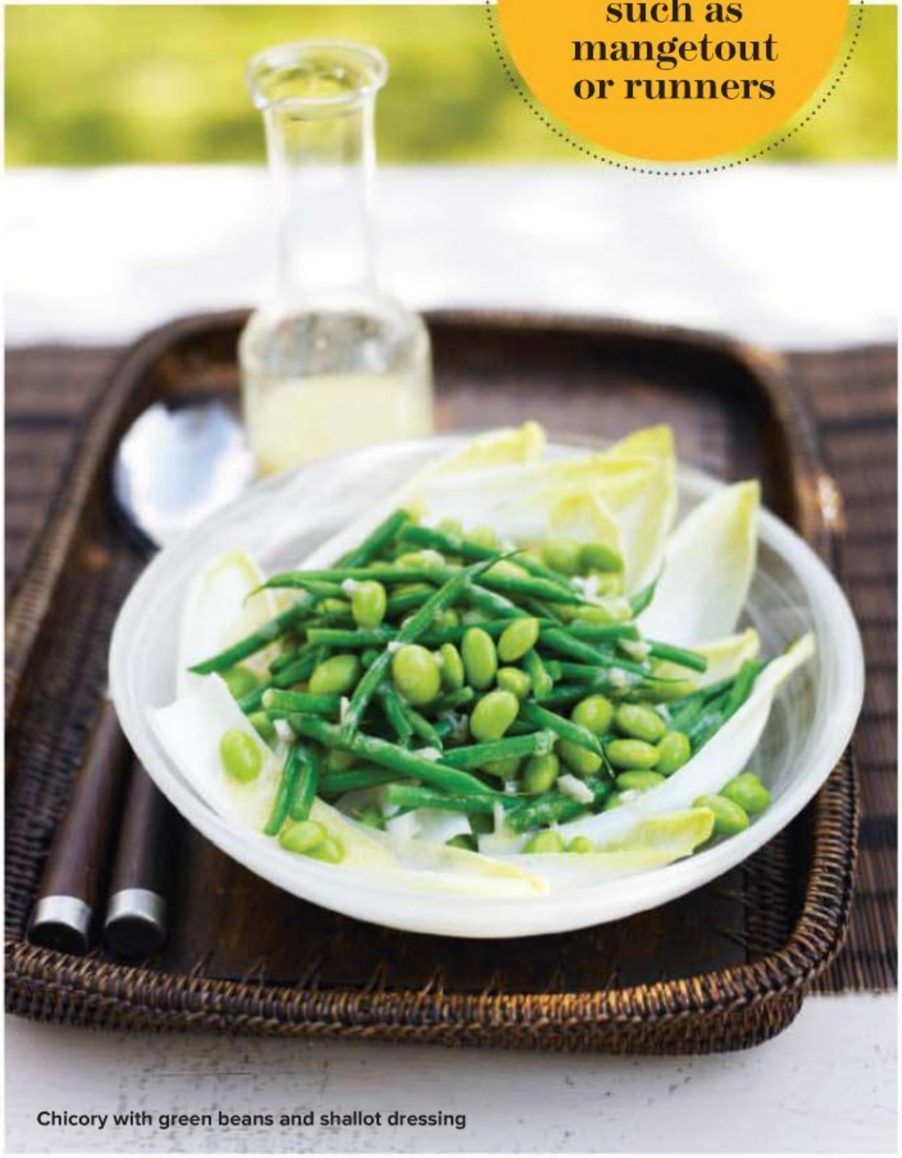
PREPARATION TIME: 10 MINUTES
COOKING TIME: 2 TO 3 MINUTES
SERVES 6

EASY / PREPARE AHEAD

200g (7oz) fine green beans, trimmed
100g (4oz) frozen soya beans
2 heads chicory, leaves separated
for the dressing:
1 small shallot, peeled and finely chopped
2tsp Dijon mustard
1tbsp white wine vinegar
3tbsp olive oil
½tsp runny honey

1 Blanch the green beans and soya beans in boiling water for 2 to 3 minutes until tender, then drain and run under cold water. Put the chicory leaves on a serving plate and top with the beans.
2 Mix the dressing ingredients together; season well with salt and freshly ground black pepper, and add a splash of water to thin slightly. Just before serving, pour the dressing over the salad.
Per serving: 90 calories, 7g fat (1g saturated), 4.5g carbohydrate

+ Smart idea
Use a mix of summer beans, such as mangetout or runners


Chicory with green beans and shallot dressing

Fragrant orange-marinated chicken legs

Prepare the day before to infuse healthy chicken with zesty, spicy flavours.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 30 MINUTES
SERVES 6

EASY / PREPARE AHEAD

6 free-range chicken legs
for the marinade:
zest and juice 2 oranges
2tbsp olive oil
2tsp ras-el-hanout (Moroccan spice mix)

1 Put the chicken legs in a shallow dish. Mix together the marinade ingredients, pour over the chicken and leave to marinate for 1 hour, or overnight.
2 Season the legs, then cook over a medium heat on the barbecue, or under the grill, turning frequently, for 30 minutes or until the juices run clear and the chicken is golden.
Per serving: 180 calories, 9g fat (2g saturated), 3g carbohydrate

+ GREAT FOR VEGGIES

Sesame potato salad

Less fat, more crunch really adds a kick to this new take on the classic.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 10 MINUTES
SERVES 6

EASY / PREPARE AHEAD

750g (1lb 10oz) new potatoes, halved
150g (5oz) natural yogurt
75g (3oz) reduced-fat mayonnaise
juice ½ lemon
100g (4oz) radishes, sliced
4 spring onions, thinly sliced
2tbsp sesame seeds, toasted

1 Cook the potatoes for 10 minutes until tender and drain. Run under cold water.
2 Mix the yogurt, mayonnaise and lemon juice with the potatoes. Season and scatter over the radishes and spring onions. Sprinkle over the sesame seeds and serve.
Per serving: 180 calories, 8g fat (2g saturated), 24g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

Fragrant orange-marinated chicken legs and Sesame potato salad

More at ebook-free-download.net or magazinesdownload.com

FEEL GOOD+

QUICK AND CLASSY CANAPES

Toast thin baguette slices, allow to cool, then try topping with one of the following:

- **Blanch and double pod broad peans, then mix with chopped mint, a squeeze of lemon and some fresh Parmesan shavings.**
- **Mix white crab meat with chopped fresh parsley, fresh chilli and lime juice, season and add picked watercress tops.**
- **Whisk ricotta cheese with a little fresh garlic and some lemon zest, then garnish with some tiny basil leaves.**

"Offer a range of bruschetta and crostini topped with good things – an easy and delicious way to add feel-good foods"

Quick and classy canapés

More at ebook-free-download.net or magazinesdownload.com

Try this
Take the spicy edge off the nachos with a dollop of low-fat soured cream

From front: Loaded nachos, Chunky guacamole, and Cool salad with feta (recipes page 92)

More at ebook-free-download.net or magazinesdownload.com

> Our Tex-Mex style recipes are perfect summer feel-good food – fast and simple to prepare

+ GREAT FOR VEGGIES

Loaded nachos with chunky guacamole

Make your own tortilla chips by cutting flour tortillas into wedges and baking in the oven until they start to crisp – easy!

PREPARATION TIME: 15 MINUTES, PLUS CHILLING
COOKING TIME: 3 TO 4 MINUTES
SERVES 6

EASY / PREPARE AHEAD

3 avocados, stoned and peeled
2 gloves garlic, crushed
zest 1 lime, plus juice 2 limes
1 red chilli, finely chopped
small bunch coriander, chopped
150g (5oz) cherry tomatoes, chopped
150g bag tortilla chips
200g (7oz) Cheddar cheese, grated
handful jalapeños, to serve

1 Using a potato masher, lightly crush the flesh of the avocados. In a bowl, combine the crushed avocado, garlic, lime zest and juice, and chilli. Stir in the coriander and cherry tomatoes, then chill.
2 Spread the tortilla chips in an ovenproof dish and scatter over the cheese. Put the dish on a baking sheet and transfer to a hot oven for 3 to 4 minutes.
3 Once the cheese has melted, remove from the oven and add the jalapeños, and some guacamole. Serve the rest of the guacamole separately (as pictured on page 91) so your guests can help themselves!
Per serving: 350 calories, 27g fat (10g saturated), 17g carbohydrate

+ GREAT FOR VEGGIES

Cool salad with feta

You can really lift a salad out of the ordinary with a good dose of crumbled feta. This dish is bursting with Mediterranean colour.

PREPARATION TIME: 10 MINUTES, PLUS CHILLING
COOKING TIME: 2 TO 3 MINUTES
SERVES 6

EASY / PREPARE AHEAD

150g (5oz) green beans
200g (7oz) cherry tomatoes, halved
1 cucumber, halved, deseeded and chopped
1 red onion, thinly sliced
2 small gem lettuces, torn
198g tin sweetcorn
200g (7oz) feta cheese, crumbled
for the dressing:
2tsp poppy seeds
100ml (4fl oz) natural yogurt
3 sprigs mint, chopped
3 sprigs coriander, chopped
juice 1 lemon
3tbsp extra virgin olive oil

1 Blanch the green beans in boiling water for 2 to 3 minutes until tender, then drain and run under cold water. Once cooled, put in a large bowl, and toss together with the cherry tomatoes, cucumber, red onion and gem lettuces. Drain the sweetcorn and add to the bowl with the feta cheese.
2 For the dressing, whisk together the poppy seeds, natural yogurt, mint, coriander, lemon juice and olive oil. Chill, and pour over the salad to serve.
Per serving: 204 calories, 14g fat (6g saturated), 13g carbohydrate

+ GREAT FOR VEGGIES

Crunchy salad with lemon and honey dressing

For a less tart taste, adjust the amount of honey to cancel out the lemon juice. This zingy salad will stay crisp all day long, too.

PREPARATION TIME: 15 MINUTES, PLUS CHILLING
COOKING TIME: 5 MINUTES
SERVES 6

EASY / PREPARE AHEAD

2 medium-sized carrots, cut into thin matchsticks
100g (4oz) mangetout, halved
½ cucumber, halved, deseeded and sliced
6 radishes, thinly sliced
large handful mint leaves
50g (2oz) peanuts
2 pitta breads
50g bag wild rocket
for the dressing:
grated zest and juice ½ lemon
1tsp honey
2tsp Dijon mustard
1½tbsp olive oil

1 To make the dressing, whisk together the lemon zest and juice, honey, mustard and olive oil. Cover and set aside until needed.
2 Combine the salad ingredients, except for the pitta breads and rocket, in a large bowl. Cover with clingfilm and keep chilled. Just before serving, grill the pitta breads (you can do this on the barbecue over hot, glowing red coals until charred on both sides), and when they are cold enough to handle, tear them into small pieces.
3 Toss the pitta bread pieces, rocket and dressing into the salad and serve.
Per serving: 161 calories, 7g fat (1g saturated), 20g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

FEEL GOOD+

SALAD KNOW-HOW

These bowls of green goodness help bring us a few steps closer to our recommended daily portion of fruit and veg in just one serving. They may come in a range of shapes and sizes but salads essentially provide the body with fibre, which helps to reduce cholesterol. They reduce calorie intake by making us feel fuller, so eating a starter salad before a main meal will make us feel more satisfied and therefore we'll eat less. Just remember to replace sugary dressings with home-made, using the best ingredients.

Smart idea
Add crushed garlic to the dressing for an extra healthy kick

Crunchy salad with lemon and honey dressing

More at ebook-free-download.net or magazinesdownload.com

> "It's important to include fish and shellfish in a healthy diet. Seafood provides protein, vitamins and minerals"

Easy-peel prawns with lemon and fennel seeds

More at ebook-free-download.net or magazinesdownload.com

Easy-peel prawns with lemon and fennel seeds

Add zing with caramelised lemon.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 3 MINUTES
SERVES 6

✓ **EASY**

18 king prawns, raw
1tbsp olive oil
½tsp fennel seeds
zest 1 lemon, plus 1 lemon for barbecuing

1 Using scissors, cut the shell along the back of the prawns, then discard the intestinal tract. Wash the prawns under cold water and dry with kitchen paper. Combine in a bowl with the oil, fennel seeds and lemon zest. Cover with clingfilm and leave to marinate for 30 minutes or overnight in the fridge.
2 Just before cooking, season the prawns then barbecue over hot coals, or cook under the grill, for 3 minutes, turning once, until they turn pink. Cut the lemon in half, brush the cut side with the marinade and place the lemon cut-side down on the barbecue while the prawns cook.
3 Place the cooked prawns in a serving bowl and squeeze over the juice from the caramelised lemon. Serve immediately, with plenty of paper napkins!
Per serving: 50 calories, 2g fat (0.5g saturated), 0g carbohydrate

FEEL GOOD+

PRAWN KNOW-HOW

+ Prawns are an excellent source of protein and a great way to add iron, zinc and vitamin E to your diet.
+ Studies have proven that including shellfish in your regimen helps to lower cholesterol, rather than increase it. And shellfish are high in protein as well as essential minerals.
+ We stock up with bags of raw king prawns in the freezer – they can usually be cooked from frozen for a quick meal.

Kashmiri prawn curry with yogurt

This mild curry is a great summer choice.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4

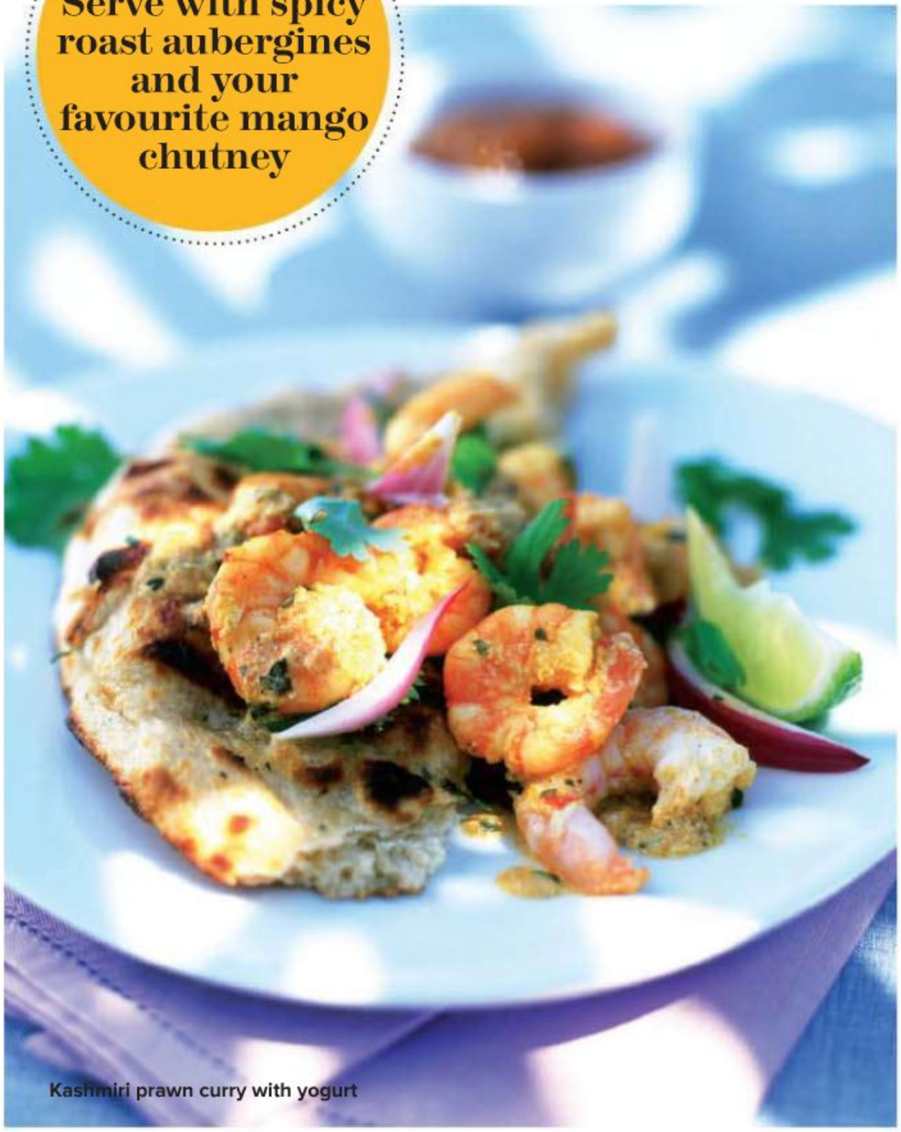
✓ **EASY**

2tbsp Kashmiri curry sauce (or any other)
200ml pot Greek yogurt
400g bag of ready-cooked frozen prawns, defrosted and drained
zest and juice 1 lime, plus 1 lime cut into quarters
4 medium naan breads
2 red onions, thinly sliced

1 Mix the curry sauce with the yogurt. Heat gently in a non-stick frying pan, then add the prawns and lime zest; stir for 1 to 2 minutes to heat through.
2 Grill or griddle the naan bread to warm through. Then place a naan on each plate, top with the red onions, lime juice, then the prawns and sauce. Serve immediately with the lime quarters and scatter over chopped coriander (optional).
Per serving: 646 calories, 18g fat (5g saturated), 87g carbohydrate

+ SMART IDEA
Instead of prawns, use firm white fish or chicken – best marinated overnight. Put it on a baking sheet lined with foil and bake in the oven on a medium heat until the fish/chicken is cooked through.

+ **Try this**
Serve with spicy roast aubergines and your favourite mango chutney


Kashmiri prawn curry with yogurt

More at ebook-free-download.net or magazinesdownload.com

JAMIE CAPTURES THE HEART OF MOROCCO WITH HIS TAKE ON THIS TYPICAL DISH AFTER TASTING HIS WAY THROUGH THE MARKETS AND ALLEYWAYS OF MARRAKESH – DESCRIBING HIS EXPERIENCE OF THE CITY AS A "FULL-ON EXPLOSION OF THE SENSES". HE CONTINUES: "THE SMELLS, THE HEAT, THE COLOUR, THE SOUNDS… I'D NEVER BEEN ANYWHERE LIKE IT." AND THIS ONE-POT DISH BRINGS ALL OF THAT TOGETHER – JUST COVER AND ALLOW TO COOK IN ITS OWN JUICES. EASY!

JAMIE OLIVER'S

Chicken, olive and preserved lemon tagine

The word "tagine" refers not only to the dish itself, but also to the unique pot it's cooked in. These thick earthenware pots are used all over Morocco and were introduced by nomads, who would use them directly over fire and ashes to create all sorts of beautiful stews with goat, lamb and chicken. Traditionally, the lady of the house would be in charge of cooking the tagine, and that is still very much the way it is today. Apparently, that's one of the ways they express their love and affection. So a word to the wise – if your missus feeds you a dodgy-tasting tagine, look out! Making this dish in a proper tagine definitely adds to the beauty of it, but essentially it's a stew with deep, lovely flavours and you can still get an authentic taste using a conventional heavy-based casserole pan.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 1 HOUR 30 MINUTES
SERVES 4 TO 6

EASY / PREPARE AHEAD

1 whole free-range chicken, approximately 1.5kg (3lb 6oz), skin-on, jointed into 4 (get your butcher to do this for you)
olive oil
1-2 large bulbs of fennel
2 onions, peeled and roughly chopped
small bunch of fresh coriander
4 cloves of garlic, peeled and sliced
2-3 small preserved lemons, deseeded and chopped
80g (3½oz) black and green olives, stoned
good pinch of saffron
500ml (18fl oz) hot organic chicken stock

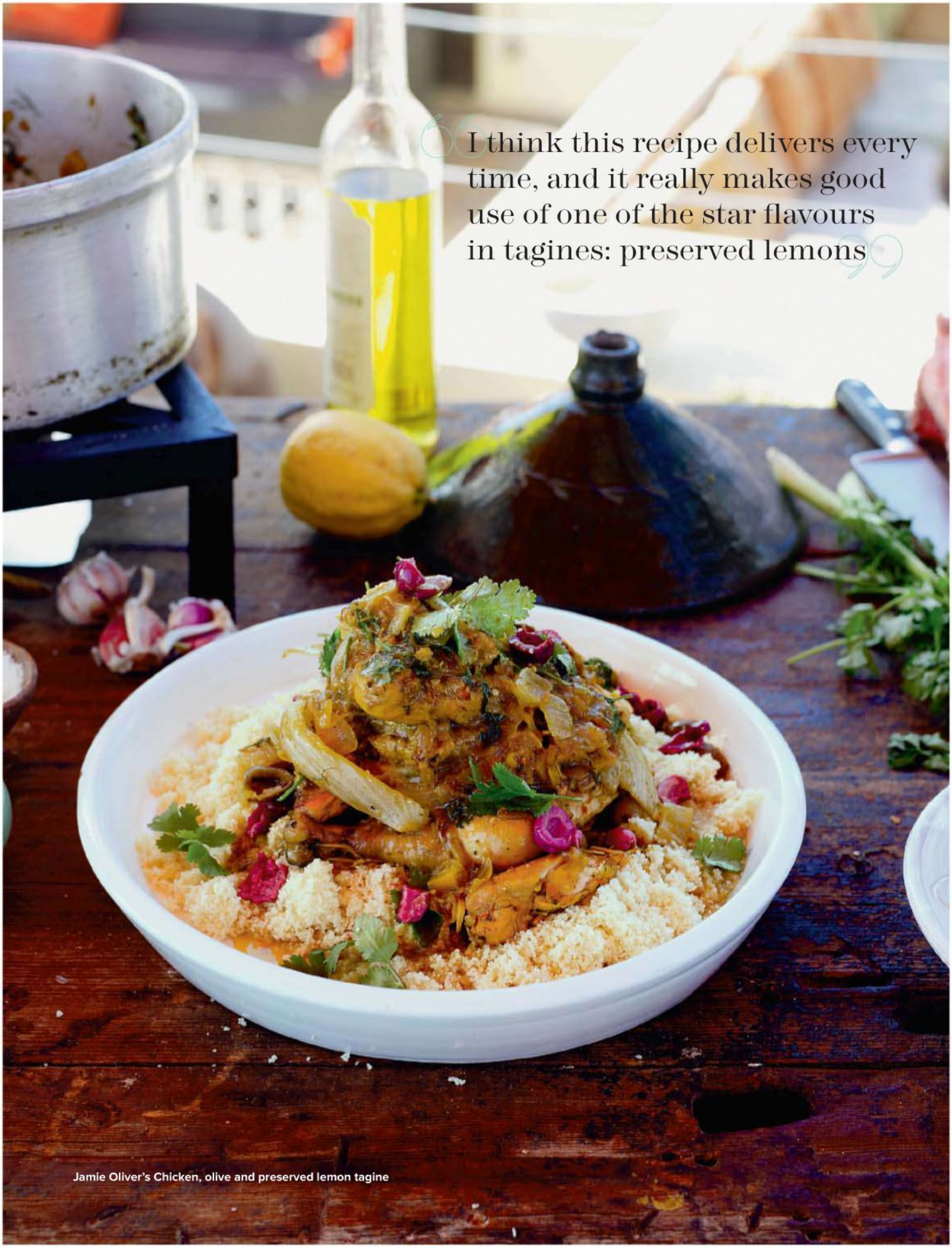
for the spice rub:
1 heaped tsp coriander seeds, bashed up
1 level tsp ground cumin
1 heaped tsp ground ginger
2tbsp olive oil

1 Mix all the spice rub ingredients together in a small bowl. Put your chicken pieces into a large bowl, massage them with the spice rub, then cover with clingfilm and put into the fridge to marinate for a couple of hours or, even better, overnight.
2 Heat a generous lug of olive oil in a tagine or casserole-type pan and fry the chicken pieces over a medium to high heat, skin side down first, for about 5 to 10 minutes until gorgeous and golden brown. While your chicken fries, chop each fennel bulb into 8 wedges and add these to the pan along with the onions, coriander stalks and garlic. Stir well and fry for a couple more minutes, then mix in the preserved lemons, olives and saffron.
3 Pour in the hot stock, give everything a good stir, then cover with a lid or foil and simmer on a low heat for 1½ hours, or until the meat starts to fall away from the bone. Check halfway through and give it a good stir. Add a splash of water if it looks dry.
4 When the time's up and your chicken looks perfect, stir gently. If it's still a bit liquidy, leave it to blip away with the lid off until thickened slightly. Have a taste, season if you think it needs it, then sprinkle with the coriander leaves. There's enough love and care in the tagine for it not to need anything fancy, so serve it simply, with a large bowl of lightly seasoned steaming couscous.
Per serving: 460-306 calories, 20-13g fat (4-2.5g saturated), 5-3.5g carbohydrate

JAMIE DOES… (PENGUIN, £26)
The celebrated chef's new cookbook accompanies his Channel 4 series of the same name, which sees him journeying around the globe on a voyage of food discovery. With recipes from Spain, Italy, Sweden, Morocco, Greece and France, there are plenty of adventurous dishes to try out. What's more, with Jamie's clever and unique twists on classic dishes, you can recreate everything from a paella to a risotto with utmost authenticity.

PHOTOGRAPHY © DAVID LOFTUS RECIPES © JAMIE OLIVER 2010 WWW.JAMIEOLIVER.COM

More at ebook-free-download.net or magazinesdownload.com



> I think this recipe delivers every time, and it really makes good use of one of the star flavours in tagines: preserved lemons

Jamie Oliver's Chicken, olive and preserved lemon tagine

More at ebook-free-download.net or magazinesdownload.com

Divine desserts

It's so easy to put together utterly delicious desserts come summertime with all those fantastic berries and cherries to feast on – especially knowing that they're super good for us, too. It's when the clotted cream comes out that our healthy habits fall by the wayside, but a little bit of what we fancy can't do us any harm.

More at ebook-free-download.net or magazinesdownload.com

PHOTOGRAPH RICHARD JUNG PROP STYLING SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

Berry meringue roulade

Lower-fat mini lemon cheesecakes

To make this as one big cheesecake, double the quantities for a 20cm (8in) springform tin that serves 12 to 16.

PREPARATION TIME: 20 MINUTES, PLUS CHILLING
MAKES 8

PREPARE AHEAD / FREEZE

175g (6oz) digestive biscuits
85g (3½oz) butter, melted
4 leaves gelatine
juice 3 lemons
50g (2oz) caster sugar
300g (10oz) Philadelphia cream cheese
250g (9oz) ricotta
150g (5oz) 2% Greek yogurt
3tbsp lemon curd
few drops yellow food colouring (optional)
8 slices lemon, simmered in sugar syrup for 10 minutes, to decorate

you will need:
8 ring moulds, set on a baking sheet lined with baking parchment, and lined individually with baking parchment to come 1cm (½in) above the top of the mould and secured with a paper clip

1 Whizz the biscuits in a blender and stir in the butter. Press down into the ring moulds, flattening to form the bases, then chill.
2 Soak the gelatine leaves in cold water until soft and rubbery. Meanwhile, heat the lemon juice and sugar gently in a pan until the sugar has melted. Bring to a simmer and remove from the heat.
3 Remove the gelatine from the water and squeeze out the excess. Add the leaves to the hot lemon juice and stir until dissolved. Using an electric mixer, beat the cream cheese, ricotta, yogurt, lemon curd and food colouring (if using) in a bowl. Add the lemon syrup and quickly beat everything for 30 to 40 seconds until smooth.
4 Divide the mixture between the ring moulds and, using a small spoon, flatten them out. Transfer to the fridge and leave to set for at least 4 hours or overnight.
5 To serve, use a fish slice to remove the cheesecakes from the baking tray and onto serving plates. Remove the metal rings and baking parchment from the sides, then garnish with a twist of the candied lemon.
Per mini cheesecake: 451 calories, 35g fat, (21g saturated), 28g carbohydrate

Berry meringue roulade

The great thing about this dessert is that it looks deeply sinful but is remarkably low in fat, with lots of feel good fruit and nuts, too.

PREPARATION TIME: 20 MINUTES, PLUS CHILLING
COOKING TIME: 20 MINUTES
SERVES 8

EASY / PREPARE AHEAD

4 large free-range egg whites
250g (9oz) caster sugar
1tsp cornflour
1tsp white wine vinegar
3tsp vanilla extract
4tbsp flaked almonds, toasted, plus extra to serve
200g (7oz) 0% Greek yogurt
1tbsp icing sugar, plus extra to serve
150g (5oz) raspberries
extra raspberries and blueberries, to serve

you will need:
30x20cm (12x8in) Swiss roll tin, oiled, and then base and sides lined with baking parchment

1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Whisk the egg whites with an electric whisk until stiff, then add the caster sugar, 1tbsp at a time, whisking until stiff and glossy. Lightly whisk in the cornflour, vinegar and 1tsp of the vanilla. Gently stir in the almonds.
2 Spoon into the prepared tin then bake for 20 minutes until the top is crisp. Put the yogurt in a bowl with the icing sugar, remaining vanilla and raspberries. Mix well.
3 When the meringue is cooked, prepare a sheet of baking parchment dusted with icing sugar. Once the meringue has cooled well, but not completely, tip it out onto the parchment paper and peel off the lining paper. Allow to cool completely then spread the yogurt mix over the meringue.
4 Carefully roll up like a Swiss roll, from the short side and using the paper to help you. Place in its paper, in the fridge for at least 2 hours or overnight. This makes it really easy to slice. When ready to serve, scatter over the berries and almonds.
Per serving: 203 calories, 4g fat, (0.4g saturated), 38g carbohydrate

PHOTOGRAPHS RICHARD JUNG PROP STYLING SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

"Our cute cover recipe has been lightened up with yogurt and ricotta, but it still tastes and looks utterly decadent"

Lower-fat mini lemon cheesecakes

More at ebook-free-download.net or magazinesdownload.com

Topped with a dollop of low-fat Greek yogurt, tiny meringues are the perfect summer treat

Baroque meringues

More at ebook-free-download.net or magazinesdownload.com

Baroque meringues

These mini meringues are crisp on the outside but soft and fluffy within.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 1 HOUR 30 MINUTES
MAKES 18

PREPARE AHEAD

2 large free-range egg whites
300g (10oz) caster sugar
2tsp white wine vinegar
2tsp vanilla extract
4-6tsp cocoa powder, sieved
12 crystallised violets, in pieces
fragments of edible gold leaf (optional)
to serve:
400g (14oz) Greek yogurt (0% is fine)
50g (2oz) icing sugar, sieved
1tsp vanilla extract or almond essence

1 Heat the oven to 130 C, 110 C fan, 250 F, gas ½. Prepare 2 baking sheets by wetting them, covering with baking paper and wetting again; this will help to prevent the meringues from sticking. Into a clean, high-sided bowl, place, in the following order, the egg whites, sugar, vinegar, vanilla extract and 4tbsp of boiling water. Stand the bowl in 5cm (2in) of hand-hot water in the sink, and using a hand-held electric whisk, whisk continuously for 5 to 6 minutes to create a glossy, white meringue that forms peaks. Use either a glass or metal mixing bowl – that way you'll get voluminous beaten egg whites.
2 Using two dessertspoons, scoop generous spoonfuls of the meringue onto the trays. Decorate with sieved cocoa powder, violets and gold flakes, as liked. Cook the meringues for 1½ hours or until crisp. Leave to cool slightly, then remove from the baking paper while warm.
3 Meanwhile, whisk together the Greek yogurt, icing sugar, and the vanilla extract or almond essence. Keep chilled until ready to serve alongside the meringues.
Per meringue: 94 calories, 0.2g fat, (0g saturated), 21g carbohydrate

Wine-poached pears

Wine-poached pears

This light, fruity dessert is an excellent follow-up to a rich, heavy dinner.

PREPARATION TIME: 25 MINUTES, PLUS CHILLING
COOKING TIME: 1 HOUR
SERVES 6

EASY / PREPARE AHEAD

zest and juice 1 unwaxed lemon
500ml (18fl oz) white wine
75g (3oz) caster sugar
1 vanilla pod
1 cinnamon stick
6 unripe pears
1 level tbsp arrowroot
to serve:
reduced-fat mascarpone
fresh mint sprigs

1 Pare 3 strips of zest from the lemon then squeeze out the juice. Place the zest and juice in a large casserole dish with the wine, sugar, vanilla pod, cinnamon stick and 150ml (¼pt) water. Bring to a simmer.
2 Peel the pears, leaving the stalks attached. If you wish, mark a zigzag pattern at the top of each pear using a sharp knife, to retain a decorative "cap" of skin, then remove the rest of the skin. Remove a small slice from the base of each pear so that it can stand upright. Lay each pear on its side in the casserole dish, cover and simmer for 30 to 45 minutes, turning occasionally, until the pears are tender and translucent. Transfer the pears to a lidded plastic box, and retain the liquor but discard the flavourings.
3 Mix the arrowroot with 1tbsp cold water, then bind in 1 litre (1¾pt) of the hot poaching liquor. Pour back into the casserole and heat, stirring until clear and slightly thickened. Pour over the pears and leave to cool, then chill for 3 to 4 hours. Serve with mascarpone and mint.
Per serving: 173 calories, 0g fat, 31g carbohydrate

FEEL GOOD+

COOK'S TIP
This summer pudding can be easily turned into a winter dish simply by poaching the pears in red wine instead of white. A fruity, full-bodied red will bring out the pears' natural sweetness and enhance the cinnamon.

More at ebook-free-download.net or magazinesdownload.com

Coffee-choc profiteroles

Yes, a true indulgence – but so sweet, three each is ample.

PREPARATION TIME: 30 MINUTES, PLUS CHILLING
COOKING TIME: 35 MINUTES
SERVES 8

PREPARE AHEAD / FREEZE

for the choux pastry:
85g (3½oz) butter, cubed
⅛tsp salt
100g (4oz) plain white flour
3 large free-range eggs
for the filling:
225g (8oz) unsweetened chestnut purée
2tbsp dark rum
2tbsp strong fresh coffee
250ml (9fl oz) reduced-fat double cream
for the topping:
2tbsp caster sugar
15g (½oz) unsalted butter, chopped
225g (8oz) high-quality plain dark chocolate, chopped

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the butter, salt and 225ml (8fl oz) water in a pan and bring to a rolling boil for 1 minute. Sift the flour, add to the mixture, then beat until a paste is formed. Remove from the heat and cool lightly over iced water. Break 1 egg into the paste and beat until absorbed. Repeat with the remaining eggs, one at a time. Chill for 20 minutes.
2 Cover 2 baking sheets with wetted baking paper. Spoon or pipe (using a bag fitted with a large, plain nozzle) the choux paste into 24 rounds 3cm (1¼in) apart. Bake for 20 to 25 minutes, undisturbed, at the centre of the oven.
3 Remove the buns and turn them upside down. Push a hole through the base of each with a spoon to let the steam escape. Return to the oven for 5 to 8 minutes.
4 Mix the chestnut purée, rum and half the coffee until smooth. Whip the cream and fold into the mixture; chill. When the buns are cold, pipe the mixture inside through the hole in the base and turn the right way up.
5 For the topping, heat the remaining coffee and the sugar in a bowl over boiling water until dissolved. Add the butter and chocolate and stir until melted. Cool until barely warm, then dip the bun tops into the chocolate and turn the right way up to set.
Per serving: 470 calories, 32g fat (20g saturated), 36g carbohydrate

Get ahead
Freeze the shells empty, then re-crisp in the oven, cool, fill, and serve

Coffee-choc profiteroles

More at ebook-free-download.net or magazinesdownload.com

Raspberry and custard tarts (recipe page 107)

More at ebook-free-download.net or magazinesdownload.com

Cook's tip

We've reduced the fat but kept the luxury – and berries are full of antioxidants

FEEL GOOD+

TRY THIS

This sumptuous meringue-based treat maintains its sweet crunch from its red berries, but this versatile recipe can be adapted to include a range of summer fruits. Replace the strawberries and redcurrants with passion fruit and blueberries, or try blackberries and bananas with a dash of lime juice for a zesty taste. It'll be vitamin-rich whatever your preferred fruit.

Summer berry "fool"

More at ebook-free-download.net or magazinesdownload.com

Summer berry "fool"

Not strictly a "fool", which is loaded with double cream, this portable dessert is perfect for a picnic and full of vitamin C.

PREPARATION TIME: 10 MINUTES
SERVES 8

EASY / PREPARE AHEAD

50g (2oz) meringue nests
450g (1lb) strawberries, hulled
50g (2oz) redcurrants
3tbsp icing sugar
8 sponge fingers
250g (9oz) raspberries
100g (4oz) reduced-fat crème fraîche
300g (10oz) 2% Greek yogurt

1 Crush the meringues and set aside. Purée the strawberries, redcurrants and icing sugar in a blender. Place a sponge finger in the base of each of 8 tumblers and pour over the purée.
2 Lightly crush the raspberries and stir into the crème fraîche and yogurt. Divide between the tumblers, then sprinkle over the meringues. Decorate with extra berries.
Per serving: 178 calories, 5g fat (2g saturated), 27g carbohydrate

Raspberry and custard tarts

All the colours of summer in one bite. Raspberries are loaded with vitamins and fibre – and are great with custard.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 25 TO 35 MINUTES
SERVES 6

EASY

375g pack ready-rolled puff pastry
6tsp raspberry jam
500ml (18fl oz) fresh ready-made vanilla custard
1 medium organic free-range egg
150g (5oz) raspberries

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Cut the pastry into 6 squares and score a 1cm (½in) border inside each. Prick inside the border with a fork, arrange on a baking tray and bake for 10 to 15 minutes or until pale gold and risen. Remove from the oven and turn the heat down to 180 C, 160 fan, 350 F, gas 4.
2 Press down the middle of each square to create a case. Spread 1tsp raspberry jam over the base of each case.
3 Whisk the custard with the egg and divide evenly between the cases. Dot with the raspberries and bake for 15 to 20 minutes or until just set.
4 Remove from the oven and cool slightly before serving.
Per serving: 350 calories, 18g fat (7g saturated), 42g carbohydrate

Raspberry, cassis and mint ice

The most refreshing dessert for a hot summer's day – and you can vary the fruit depending on what you have to hand.

PREPARATION TIME: 30 MINUTES, PLUS FREEZING
COOKING TIME: 15 MINUTES
SERVES 4

EASY / PREPARE AHEAD / FREEZE

225g (8oz) caster sugar
8-10 sprigs fresh mint
500g (1lb 2oz) raspberries
juice 1 lemon
2-3tbsp crème de cassis
3 large free-range egg whites
good pinch cream of tartar

1 Make a syrup by dissolving the sugar in 200ml (7fl oz) water in a pan over a low heat and bring to a simmer. Remove from the heat, add the mint, bruised lightly in your hand, and let it cool. Remove and discard the mint. Process the raspberries with the lemon juice and 4-5tbsp of the syrup. Sieve the mixture into a bowl to make the purée, and stir in the cassis to taste. Put the remaining syrup back on the heat and as it starts to bubble, let it boil for 3 minutes.
2 Put the egg whites and cream of tartar in a clean bowl and beat until stiff. Pour the hot syrup in a thin stream onto the egg whites, whisking all the time, until the mixture is cold, thick and billowy. Fold in the purée, then transfer to a freezerproof tray. Freeze, without stirring, for at least 4 hours or until solid. Allow to soften in the fridge for 20 minutes before serving.
Per serving: 281 calories, 0.4g fat (0.1g saturated), 67.3g carbohydrate

Raspberry, cassis and mint ice

EASY FREEZY

As summer days are not really the time when we roll up our sleeves and get baking in a big way, it's worth having a stock of berries in your freezer so you can quickly prepare a feel-good dessert anytime. Try our easy Raspberry, cassis and mint ice (recipe left) and make the most of delicious raspberries in season. Here's our quick how-to guide:

- **Raspberries** freeze brilliantly. Open freeze on trays then bag up. This stops them sticking together so you can just take out as many as you need.
- **Blueberries**, all the currants and blackberries are also freezer essentials (freeze as for raspberries), just make sure they are fresh on the day of freezing. All berries are high in antioxidants and vitamin C.
- **Strawberries** don't freeze well whole, but you can purée them with a little caster sugar and thaw out later for smoothies and sauces. For the perfect hot berry sauce, just heat in a saucepan with sugar, and orange and lemon juices. Whizz in a blender, then pass through a sieve.

More at ebook-free-download.net or magazinesdownload.com

Lemon posset

Lemon posset

This is rich yet fresh and zesty. You only need a mini portion.

PREPARATION TIME: 5 MINUTES, PLUS CHILLING
COOKING TIME: 10 MINUTES
SERVES 12

EASY / PREPARE AHEAD

850ml (1½pt) double cream
225g (8oz) caster sugar
4 lemons
you will need:
3-litre (5¼pt) saucepan

1 Place the double cream and sugar in the saucepan. Strip the peel from the lemons with a potato peeler and add to the cream. Bring the mixture to a rolling boil and allow it to boil vigorously for 5 minutes, whisking occasionally. Squeeze the juice from the lemons and add to the cream. Remove from the heat and strain through a sieve.

2 Pour the mixture into small ramekins immediately. If you are using glass dishes, allow the mixture to cool slightly and stir occasionally to prevent a skin from forming. Chill in the fridge for a minimum of 4 hours. Decorate with raspberries or strawberries.

Per serving: 425 calories, 38g fat, (24g saturated), 21g carbohydrate

Get ahead
This posset will keep perfectly, covered, in the fridge for three days

Lemon and almond iced parfait

Almonds are very high in vitamin E, which is known for its great anti-ageing properties.

PREPARATION TIME: 30 MINUTES, PLUS OVERNIGHT FREEZING
SERVES 8

EASY / PREPARE AHEAD / FREEZE

200g (7oz) caster sugar
1 lemon, thinly sliced into 8
2 large free-range eggs, separated
200ml (7fl oz) double cream
zest and juice 2 lemons
50g (2oz) almonds, toasted and roughly chopped
4tbsp lemon curd, plus extra to serve
you will need:
900g (2lb) loaf tin, lined with clingfilm, leaving an overlap on the sides

1 Place 150g (5oz) of the sugar in a pan with 200ml (7fl oz) cold water, and heat gently to dissolve the sugar. Add the lemon slices, bring to a gentle simmer and cook for 5 minutes, without allowing the syrup to colour. Cool, then arrange the slices evenly on the bottom of the loaf tin.

2 Place the egg yolks and the remaining sugar in a bowl, and whisk with an electric whisk until thick and pale. Whip the egg whites to stiff peaks.

3 Mix together the cream and the lemon zest and juice, and whip until it's just holding its shape. Very gently fold in the whites to the yolk mixture, then the cream, and finally fold in the almonds and the lemon curd – just enough to create a swirl through the parfait.

4 Gently pour into the prepared loaf tin on top of the sliced lemons and freeze overnight. To serve, tip the parfait onto a board, remove the clingfilm and run a hot, dry palette knife over the sides to smooth out the ridges. You can re-freeze it on the board to set up the sides if you like. Drizzle a little lemon curd over the top to serve, and slice with a hot knife.

Per serving: 307 calories, 19g fat (9g saturated), 32g carbohydrate

LEMON AND ALMOND ICED PARFAIT PHOTOGRAPH RICHARD JUNG **PROP STYLING** SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

"High in vitamins and with many healing properties, lemons are fantastic to use in rich, indulgent desserts"

Lemon and almond iced parfait

More at ebook-free-download.net or magazinesdownload.com

THERE ARE SO MANY HOME-GROWN INGREDIENTS READILY AVAILABLE IN THE SUMMER MONTHS, AND BERRIES ARE TOP OF MARK'S LIST WHEN IT COMES TO SIMPLE AND SUMPTUOUS DESSERTS. "THERE ARE ENDLESS WAYS TO SERVE BERRIES, JELLIES BEING ONE OF MY FAVOURITES," HE SAYS. "THE GREAT THING WITH A JELLY IS THAT IT REALLY CAPTURES THE FLAVOURS OF THE SEASON. ALSO, IT WILL KEEP FOR A FEW DAYS SO YOU CAN GET AHEAD IF YOU'RE PLANNING A DINNER PARTY."

MARK HIX'S

Perry jelly with summer fruits

Whenever perry is mentioned, it usually provokes the question, what's that? In fact, it's the equivalent of cider but made with pears. I remember the branded version, Babycham, as a kid because my grandfather kept those saucer-shaped glasses in the house for special occasions. It might have been a popular drink with the ladies in those days but it probably damaged the reputation of real perry. Sadly, the art of perry-making hardly exists these days – it's time for a revival, perhaps. Flavouring a jelly with perry to serve as a dessert is a good way to introduce it or remind people of it. I'd recommend serving it with elderflower ice cream as I did successfully in *Great British Menu*.

PREPARATION TIME: 30 MINUTES, PLUS CHILLING
COOKING TIME: 10 MINUTES
SERVES 4

EASY / PREPARE AHEAD

500ml (18fl oz) perry
75g (3oz) caster sugar
4 sheets of leaf gelatine
125g (4½oz) mixed berries (such as blueberries, raspberries or strawberries)

1 Bring 100ml (4fl oz) of the perry to the boil in a pan. Add the sugar and stir until completely dissolved.
2 Meanwhile, soak the gelatine in a shallow bowl of cold water for a minute or so to soften. Remove the perry syrup from the heat. Squeeze out the water from the gelatine, then add the hot perry and stir until completely dissolved. Add the rest of the perry, stir well, and set aside to cool but do not let it set.
3 Divide the berries among 4 individual jelly moulds or glasses, or scatter them over the base of 1 large mould. Pour in half of the cooled jelly and place in the fridge for about 1 hour to set. Top up with the rest of the berries and liquid jelly (setting the jelly in 2 phases helps to keep the berries suspended in the jelly, so they don't float to the top). Return to the fridge to set.
4 Empty the fruit jellies onto individual plates or a large serving plate as appropriate (unless, of course, you've set them in glasses). Serve topped with a scoop of elderflower or vanilla ice cream if you like.
Per serving: 144 calories, 0g fat, 25g carbohydrate

Mark Hix's Perry jelly with summer fruits

PHOTOGRAPHS JASON LOWE

More at ebook-free-download.net or magazinesdownload.com

MARK HIX BRITISH SEASONAL FOOD
(QUADRILLE, £25)
This recipe is taken from the award-winning cookbook by the much-coveted food writer and renowned restaurateur. In it, Mark draws attention to home-grown ingredients and inspires us to cook with the best of British offerings. With recipes such as Spring bubble and squeak and Roast pollack with seashore vegetables and Oyster butter, Mark tells us how to source and prepare local produce.

More at ebook-free-download.net or magazinesdownload.com

Irresistible baking

Our Feel Good Food mantra remains the same: it's all about portion size. So don't deprive yourself of a piece of delicious cake or pie, just don't overload your plate with it – after all, no one tucks into cake because they're hungry! That perfectly mini-sized piece will absolutely hit the spot, and your conscience – and waistline – will thank you for it!

More at ebook-free-download.net or magazinesdownload.com

PHOTOGRAPH RICHARD JUNG **PROP STYLING** SUE ROWLANDS

More at ebook-free-download.net or magazinesdownload.com

> "A summery take on the traditional Victoria sponge – filled with gorgeous berry compote"

Summer berry Victoria sponge

+ Smart idea
This cake freezes perfectly, unfilled. First allow to cool, then wrap well

More at ebook-free-download.net or magazinesdownload.com

Summer berry Victoria sponge

The classic filling of buttercream and jam is replaced by fresh custard and compote.

PREPARATION TIME: 30 MINUTES, PLUS COOLING
COOKING TIME: 20 TO 25 MINUTES
SERVES 12

EASY / PREPARE AHEAD / FREEZE

225g (8oz) butter, softened
225g (8oz) caster sugar
4 large free-range eggs, beaten
225g (8oz) self-raising flour
for the filling:
200ml (7fl oz) ready-made fresh vanilla custard
200ml (7fl oz) reduced-fat double cream, softly whipped
250g (9oz) berry compote
icing sugar, to dust
you will need:
2 x 20cm (8in) sandwich tins, greased and lined with baking parchment

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Whisk the butter and sugar together until pale and fluffy. Beat in the eggs, a little at a time, adding a spoonful of the flour if the mixture begins to curdle.
2 Sift in a quarter of the flour, and fold in with a metal spoon. Gradually fold in the rest – the mixture should drop off the spoon easily – and add 1tbsp boiling water to loosen if necessary. Spoon into the tins and bake on the middle shelf in the oven for 20 to 25 minutes.
3 Remove the cakes from the oven when they're springy and a skewer inserted into the middle comes out clean. Cool for a few minutes, then transfer to a wire rack. When cool, put one of the cakes on a cake stand.
4 For the filling, mix the custard and cream. Spread the berry compote over the bottom half of the cake and top with the mixture. Replace the cake top; dust with icing sugar.
Per serving: 380 calories, 23g fat (14g saturated), 40g carbohydrate

Raspberry and almond tartlets

Raspberry and almond tartlets

When you need a sweet fix, just one of these tarts will do the job!

PREPARATION TIME: 30 MINUTES, PLUS COOLING
COOKING TIME: 20 TO 25 MINUTES
MAKES 12 TARTLETS

EASY / PREPARE AHEAD / FREEZE

½ x 375g pack sweet shortcrust pastry, chilled
2tbsp seedless raspberry jam
25g (1oz) butter, softened
25g (1oz) caster sugar
25g (1oz) ground almonds
1 medium free-range egg yolk
few drops almond extract
1-2 level tbsp flaked almonds
icing sugar, for dusting
you will need:
7cm (2¾in) fluted pastry cutter
12-hole bun tin, greased

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Roll out the pastry on a lightly floured surface. Using the pastry cutter, cut the pastry to line the holes of the bun tin, re-rolling the pastry as necessary.
2 Mix the raspberry jam in a small bowl until it's runny, then place a small amount in the base of each pastry case, smearing it out so it covers the base.
3 Beat the butter so it's really soft, then add the sugar, ground almonds, egg yolk and almond extract. Beat until smooth, then divide the mixture between the pastry cases, spreading it out slightly. Sprinkle the flaked almonds on top.
4 Bake the tartlets in the centre of the oven for 10 minutes, then reduce oven temperature to 150 C, 130 C fan, 300 F, gas 2, and cook for a further 10 to 15 minutes or until light-golden.
5 Remove the tartlets from the oven and transfer to a wire rack to cool. Dust with icing sugar just before serving.
Per tartlet: 120 calories, 8g fat (3g saturated), 11g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

Baking know-how

When it comes to baking cakes, as a rule, there's nothing very complicated. But so many people complain that their cake didn't work, which then puts them off trying to bake one again. There are a few very simple rules and guidelines that will help you to achieve the perfect cake and amaze your guests:

- First of all, invest in an oven thermometer (from *lakeland.co.uk*, John Lewis and good cook shops). You would be amazed how ovens can vary quite considerably, despite what the dial says. Look for one with a wide range to accommodate high temperatures.
- Always use the exact-size cake tin as specified in the recipe. Measure the base of the cake tin, not the top, and don't disregard the depth specified, either. Check out our top suppliers on page 121.
- Bake any cake in the centre of the oven, unless the recipe specifies otherwise. It should not touch the sides of the oven, either.
- You can't double or halve cake recipes as you would do with a casserole or a savoury dish. Nor can you decrease or increase ingredients by percentages to fit a different-sized tin.
- If the recipe says so or not, always sieve your flour. This will eliminate any lumps and, more importantly, incorporate air into the mixture.
- Please use butter in cakes – it's not as if you eat them every day! Butter is a pure product and provides density and richness.
- A fine skewer is a good way to test whether your cake is cooked through or not. Insert it into the centre of the cake and it should come out clean, without any sticky mixture.

Almond frangipane tart

Sharp raspberries in an almondy base – a great dinner party dessert.

PREPARATION TIME: 30 MINUTES, PLUS CHILLING AND COOLING
COOKING TIME: 45 MINUTES
SERVES 6 TO 8

EASY / PREPARE AHEAD / FREEZE

375g (13oz) ready-rolled shortcrust pastry
100g (4oz) butter, softened plus extra for greasing
100g (4oz) caster sugar
2 free-range eggs
100g (4oz) ground almonds
10g (¼oz) plain flour
1tsp almond extract
125g (4½oz) raspberries
1tbsp icing sugar

you will need:

20cm (8in) loose-based fluted tin, greased
baking beans

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Unroll the pastry onto a rolling pin, then unroll over the tin. Press the pastry into the tin (it should hang over the edge slightly), then chill in the fridge for 20 minutes.
2 Line with parchment paper and baking beans, and bake blind for 10 to 15 minutes, then remove the baking beans and paper, and return to the oven for 3 to 4 minutes. Remove from the oven and reduce the oven temperature to 180 C, 160 C fan, 350 F, gas 4.
3 Using an electric whisk, beat together the butter and sugar until pale. Beat in the eggs, one at a time, until combined. Fold in the ground almonds, flour and almond extract, and beat for 1 minute. Then, gently fold in the raspberries.
4 Spoon the filling into the pastry case and bake for 20 to 25 minutes until golden. Leave to cool in the tin and dust with icing sugar before serving.
Per serving: 623-468 calories, 42-32g fat (15-12g saturated), 53-40g carbohydrate

FEEL GOOD+

CUPCAKE KNOW-HOW

These butterfly cakes are best eaten on the day they're made but you can store your undecorated cupcakes in the freezer for up to 3 months. Just make the filling when you take them out to defrost.

Butterfly cakes

These are delightfully retro, and just one little cake really hits the spot.

PREPARATION TIME: 20 MINUTES, PLUS COOLING
COOKING TIME: 20 MINUTES
MAKES 10

EASY / PREPARE AHEAD

100g (4oz) caster sugar
100g (4oz) butter, softened
2 large free-range eggs
100g (4oz) self-raising flour
½tsp baking powder
1tbsp milk

for the filling:

200g (7oz) 2% Greek yogurt
1tsp vanilla extract
3tbsp icing sugar, sifted
5 raspberries
5 blueberries
icing sugar, for dusting

you will need:

muffin tray, lined with paper muffin cases

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Place the sugar, butter, eggs, flour, baking powder and milk in a large bowl and whizz with an electric whisk until the mixture is pale and creamy.
2 Divide the mixture between the paper muffin cases and bake in the oven for 15 to 20 minutes until risen, golden and firm to the touch. Transfer to a cooling rack.
3 For the filling, mix together the yogurt, vanilla extract and icing sugar.
4 Slice the tops off each cake and fill the cavities with a little of the filling mixture. Cut each sliced top in half and arrange on top of the filling to resemble butterfly wings. Top with a berry and dust with icing sugar.
Per cupcake: 200 calories, 10g fat (6g saturated), 24g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

Try this
Add a little low-sugar strawberry jam to the cavities with the yogurt

Butterfly cakes

More at ebook-free-download.net or magazinesdownload.com

"If you have raspberries left over, just whizz them up with natural yogurt for a healthy smoothie"

Almond frangipane tart (recipe page 116)

More at ebook-free-download.net or magazinesdownload.com

Cook's tip
You need to "drizzle" while the cake is still hot so it soaks in

Lemon and poppy seed drizzle cake (recipe page 121)

More at ebook-free-download.net or magazinesdownload.com

FEEL GOOD+

WALNUT KNOW-HOW

Top of the nut list when it comes to nutrition, walnuts are one of the best plant sources of protein. Research has suggested that eating a handful of walnuts after every meal can help combat the damage that fatty food can do to the arteries. Delicious and healthy!

Walnut, banana and honey loaf

More at ebook-free-download.net or magazinesdownload.com

Lemon and poppy seed drizzle cake

Under 300 cals a portion and so moist, it would be a great dessert with raspberries – and no cream necessary!

PREPARATION TIME: 20 MINUTES, PLUS COOLING AND SOAKING
COOKING TIME: 1 HOUR
SERVES 16

EASY / PREPARE AHEAD / FREEZE

225g (8oz) unsalted butter, softened
225g (8oz) caster sugar
4 large free-range eggs, beaten
175g (6oz) self-raising flour
1tsp baking powder
75g (3oz) ground almonds
zest and juice 3 lemons
25g (1oz) poppy seeds

for the drizzle:

zest and juice 1 lemon
100g (4oz) icing sugar, sifted
1tbsp golden caster sugar

you will need:

20cm (8in) loose-based square cake tin, greased and lined

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. With an electric whisk, beat the butter and sugar until pale and creamy. Beat in the eggs, a little at a time, beating well after each addition. Add a spoonful of the flour if the mixture begins to curdle.
2 Sift the flour and baking powder into the bowl and fold in. Add the almonds, lemon zest and juice, and poppy seeds; fold together. Spoon into the cake tin and bake for 50 minutes to 1 hour, or until a skewer inserted into the middle comes out clean. Place on a rack while you make the drizzle.
3 For the drizzle, mix the lemon juice and icing sugar to form a runny syrup. Make holes on the top of the cake with a cocktail stick. Spoon over the drizzle, allowing it to soak in, then leave to cool in the tin. Toss the lemon zest with the caster sugar and scatter on top to serve. For a topping, mix the juice of ½ lemon with 100g (4oz) sifted icing sugar. Drizzle over the cake and leave to set. This cake will store for 3 to 4 days in a sealed container and freezes beautifully.
Per serving: 278 calories, 17g fat (8g saturated), 31g carbohydrate

Great suppliers

We do so much baking and cake decorating in our test kitchen at w&h that we've become quite the experts on where to source the more specialist or difficult-to-find items. Here are our favourites:
+ Squires Kitchen (0845-2255671; *squires-shop.com*) is a one-stop shop for cake decorating. They sell the most fantastic cupcake cases and loaf cases in all sorts of patterns and colours, and have a huge range of pre-made decorations and colours.
+ Lakeland (01539-488100; *lakeland.co.uk*) is the place to go for cake tins, cases and much more. Their disposable piping bags are a must-have for keen bakers, and they're also a one-stop-shop for budding bread bakers. They sell bread machines, even baguette trays and pre-made bread mixes for machines or hand baking.
+ Lawsons (01752-897384; *lawsonshop.co.uk*) has everything the cake decorator and baker could ever need. They have a huge range of cake tins, loaf tins and flan tins, plus a good spread of cake decorations, ornaments and food colours.
+ Amazon (*amazon.co.uk*) boasts a huge kitchenware offering and high-end baking tools, including a selection of silicone bakeware.
Other specialists to try:
+ *janeasher.co.uk* + *divertimenti.co.uk* + *sugarshack.co.uk*

Walnut, banana and honey loaf

You can make this loaf gluten-free by using gluten-free baking powder. This cake is best eaten within the first two days of baking.

PREPARATION TIME: 15 MINUTES, PLUS COOLING
COOKING TIME: 1 HOUR 5 MINUTES
SERVES 10

EASY / PREPARE AHEAD / FREEZE

175g (6oz) brown rice flour
50g (2oz) cornflour
2 level tsp baking powder
¼tsp ground nutmeg
100g (4oz) butter
2 medium free-range eggs
2 medium bananas, peeled and mashed
40g (1½oz) walnuts, chopped
100g (4oz) caster sugar
grated zest 1 lemon
6tsp thick, clear honey

you will need:

1kg (2lb 4oz) loaf tin, buttered and lined with a strip of parchment paper

Cook's tip
Just one slice of this feel-good loaf is filling enough at breakfast time

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Tip the brown rice flour, cornflour, baking powder and nutmeg into a bowl. Rub the butter into the flour mixture until the mixture resembles fine breadcrumbs.
2 Add the eggs, bananas, walnuts, sugar, lemon zest and honey to the flour mixture and beat until smooth. Spoon into the prepared loaf tin and level off the surface.
3 Bake the loaf in the centre of the oven for 45 minutes. Loosely cover the loaf with foil to prevent it from going too dark in colour and cook for a further 15 to 20 minutes, or until a fine skewer comes out clean after being inserted into the loaf.
4 Remove the loaf from the oven and leave to cool in the tin for 15 minutes. Transfer to a wire rack to cool completely.
Per serving: 268 calories, 12g fat (6g saturated), 36g carbohydrate

More at ebook-free-download.net or magazinesdownload.com

Lemon polenta cake

Apricot and almond galette

Apricots are the perfect summer fruit: rich, juicy and beautifully golden in colour.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 15 TO 20 MINUTES
SERVES 8

EASY / PREPARE AHEAD

375g packet ready-rolled all-butter puff pastry, thawed
1 free-range egg, beaten
1tbsp ground almonds
410g tin apricot halves in juice
50-75g (2-3oz) marzipan, cut into slivers
1tbsp flaked almonds
1tbsp soft brown sugar
Greek yogurt, to serve

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Place the pastry on a greased baking sheet. Make a "frame" about 2.5cm (1in) in with a knife, but don't cut through the pastry. Brush the edges with the beaten egg, then sprinkle the ground almonds over the inside "frame". Drain the apricots and arrange them cut-side down on the pastry. Make a little slit in the top of each apricot and push in a piece of marzipan. Scatter over the flaked almonds and brown sugar.
2 Bake the galette for 15 to 20 minutes or until well risen and browned. Serve warm or at room temperature with low-fat whipped cream or Greek yogurt.
Per serving: 257 calories, 15g fat (7g saturated), 28g carbohydrate

FEEL GOOD+

APRICOT KNOW-HOW
Don't be put off by tinned apricots. Even when the fruit is in season, it can be difficult to find a ripe, juicy specimen. Apricots are full of health benefits: they're a good source of beta-carotene, making them good for your heart; they're high in fibre and low in calories; and their vitamin A content means they're full of antioxidants. They're versatile, too: serve sliced with hot or cold cereal; bring a taste of the Middle East to chicken or lamb dishes with dried apricots; and salads are lifted by fresh apricots.

Lemon polenta cake

Serve this fragrant teatime treat with low-fat Greek yogurt and seasonal berries.

PREPARATION TIME: 20 MINUTES, PLUS COOLING
COOKING TIME: 1 HOUR TO 1 HOUR 15 MINUTES
SERVES 12

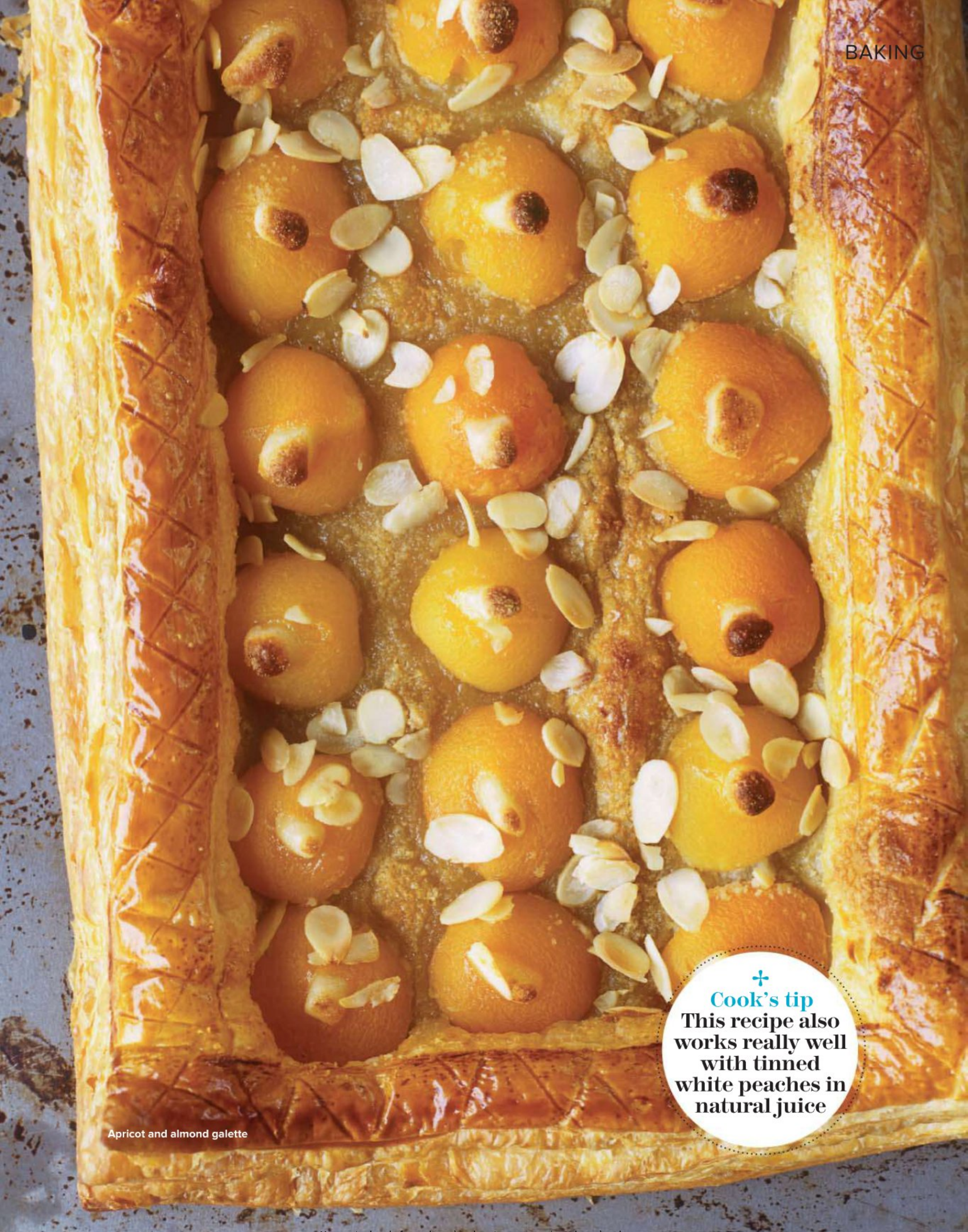
EASY / PREPARE AHEAD / FREEZE

300g (10oz) unsalted butter, plus extra for greasing
300g (10oz) caster sugar
300g (10oz) ground almonds
4 medium free-range eggs, beaten
1tsp vanilla extract
zest 3 lemons, plus juice 1 lemon
125g (4½oz) polenta cornmeal
1½tsp baking powder
pinch of salt
you will need:
20cm (8in) round tin, greased and base-lined

1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Beat the butter and sugar together until pale and fluffy. Stir in the almonds then add the eggs, a little at a time, beating in each addition before adding more. Add the vanilla extract and lemon zest and juice, then stir in the polenta cornmeal, baking powder and pinch of salt.
2 Bake in the centre of the oven for 1 hour to 1 hour 15 minutes – if it seems to be browning too much on top, cover with greaseproof paper. To check the cake is cooked, insert a skewer into the centre and it should come out clean. Leave the cake to cool in the tin before you take it out.
Per serving: 505 calories, 37g fat (15g saturated), 36g carbohydrate

+ POLENTA KNOW-HOW
Polenta is ground maize, and an ideal alternative if you're wheat sensitive or gluten intolerant. It's a good replacement for breadcrumbs, too.

More at ebook-free-download.net or magazinesdownload.com



Apricot and almond galette

+
Cook's tip
This recipe also works really well with tinned white peaches in natural juice

More at ebook-free-download.net or magazinesdownload.com

"My preference has always been for food that's fresh and light, that boosts your energy rather than absorbing it"

JUST LIKE THE HARBOUR BRIDGE AND THE OPERA HOUSE, BILLS CAFE IS AN ICONIC LANDMARK IN SYDNEY. BILL ISN'T A TRAINED CHEF BUT A HOME COOK AND A "FAMILY COOK", AND HIS TRULY HOME-MADE RECIPES ARE DELICIOUS, EASY AND AS HEALTHY AS CAN BE. EVEN THIS LOVELY BUTTERY CAKE GIVES A HEALTHY BOOST, THANKS TO ITS BLUEBERRIES. THEY'RE HIGH IN VITAMIN C AND A GOOD SOURCE OF FIBRE, SO WE CAN TREAT OURSELVES TO MORE ON THE SIDE!

BILL GRANGER'S

Blueberry butter cake

For an old-fashioned Sydney experience, you'd use mulberries from the tree that always stained your mother's washing on a windy day – and get your fingers and lips red in the picking. The blueberry is more urbane, though.

PREPARATION TIME: 20 MINUTES, PLUS COOLING
COOKING TIME: 50 MINUTES
SERVES 8

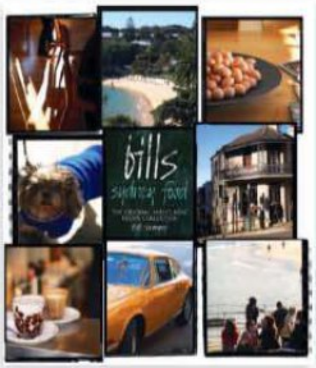
EASY / PREPARE AHEAD

250g (9oz) plain (all-purpose) flour
2tsp baking powder
¼tsp salt
125g (4½oz) unsalted butter, softened
225g (8oz) caster sugar (superfine)
3 eggs, lightly beaten
250ml (9fl oz) sour cream
300g (10oz) blueberries
fresh cream, to serve

for the topping:
175g (6oz) firmly packed brown sugar
35g (1¼oz) plain (all-purpose) flour
75g (3oz) unsalted butter, cold

you will need:
23cm (9in) springform cake tin, greased

1 To make the topping, place the sugar and flour in a bowl, add the butter and rub in with fingertips until the mixture resembles coarse breadcrumbs.
2 To make the cake, heat the oven to 180 C, 160 C fan, 350 F, gas 4. Sift the flour, baking powder and salt into a mixing bowl. Place butter and sugar in a bowl and cream together. Add the eggs, and mix. Add the dry ingredients, alternating with the sour cream, mixing well after each addition.
3 Pour the cake batter into the prepared cake tin. Sprinkle with the blueberries and then the topping mixture.
4 Bake the cake for 50 minutes, or until a skewer comes out clean. Leave to cool in the tin for 10 minutes, then turn out onto a wire rack, topping side up. Serve warm or at room temperature with fresh cream.
Per serving: 647 calories, 29g fat (18g saturated), 89g carbohydrate



BILLS SYDNEY FOOD **(MURDOCH BOOKS, £19.99)**
Whether you've visited the bright lights of Sydney or not, this cookbook recreates the sights, sounds and, more importantly, the flavours of the sunny city – perfect for summer cooking in Britain. Bright and breezy breakfasts, laid-back lunches and beachside suppers are all on the menu, with recipes such as Spring onion pancakes and Banana maple porridge with buttered apples. A truly relaxed way of dining that will bring a taste of Australia into your home.

MAIN PHOTOGRAPH ELSA HUTTON

More at ebook-free-download.net or magazinesdownload.com

Bill Granger's Blueberry butter cake

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

Grow your own

If you only grow one thing, says Editor Jane Curran, try herbs – the most rewarding of all culinary ingredients to have to hand in the garden

I have an average-sized London garden where, each year, I try to grow something different for the kitchen. Most years, I despair: the two lunatic squirrels who reside in the large ash at the end of the garden have joined forces with several fat wood pigeons to destroy my hard work. Luckily, they have no interest in herbs, so I grow all sorts of different ones. Not only are they perfect for cooking, with a taste and fragrance far superior to anything you can buy in the supermarket, they thrive in pots and attract honey bees and butterflies. I'd like to pass on some of my experience of growing and cooking with herbs, but if you have any more tips, do tell us by visiting womanandhome.com.

FINDING THE RIGHT SPOT FOR "SHRUBS"

First, let's look at what I call the "shrub" herbs – bay, thyme, rosemary. As with all herbs, **bay** loves a good chop back, which suits the gardener as you want a bushy, not a straggly plant. They are as happy in the border as they are in a pot and just need sunshine. For cooking, use double to three times fresh to dried bay. I don't see the point of drying bay leaves if you grow your own, as it's an evergreen. With all herbs, keep the ones in borders close to the kitchen door and, if you can't, replicate them in pots. There's nothing worse than traipsing over a soggy lawn on a dark night, torch in hand!

Gardeners can struggle with **thyme**, usually because they put it into rich compost. Thyme enjoys the tough life and it needs a really well-drained soil. So add lots of gravel to a reasonably shallow pot then top with more gravel once planted. It likes full sun – think of where it grows wild in the southern Mediterranean. There are some lovely types, but I particularly love lemon thyme, which is delicious with chicken, and silver posy thyme, which is incredibly pretty.

Rosemary is a kitchen essential, though a harsh winter can kill it off. I have several types and, again, it likes a good chop in late autumn and then spring to keep it bushy. If you have several, you can allow some to flower and keep some pruned.

PERENNIALS – YOUR LONG-LASTING HERB GARDEN

My must-haves are oregano, marjoram, tarragon, sage, chives, mint and fennel. **Marjoram** and **oregano** are tough little plants and need a good chop in the autumn to reward you with a bushy plant in the spring. These are perfect with tomatoes and lamb.

Chives and **mint** like shade. I never cut off the chive flowers, as they look beautiful and taste good in salads. Mint – grow as many varieties as you can find for teas, salads, salsas, Thai and Vietnamese cooking – needs to be confined to pots or it will take over. They both like to be kept moist.

Fennel is a dramatic plant in the border with its beautiful fronds in high summer, but needs a brutal chop back in late autumn. I use the leaves in place of dill with fish.

Don't be fooled by some of the **tarragons** you see. Smell the leaves – the Russian tarragon will grow like a weed and taste of one, the French tarragon has that exquisite aniseed flavour, which is so perfect with chicken.

Sage is worth growing in all its colours, from variegated green to purple. It's a pretty plant and has a strong flavour, but goes so well with squash, pork, roasted onions and chicken.

ANNUALS – SO EASY TO GROW FROM SEED

Here I include **flat-leaf parsley**, which technically is a biannual (best in its second year), though so easy to grow from seed it's better to grow it every year and always have one plant to cut. I also grow **basil** happily from seed, just sprinkling the seed onto a pot of moist compost then gently watering it in. **Coriander** is tricky, as it tends to bolt and go straggly, and I have so many ethnic grocers' where I live I tend not to bother, though I had the best success with Alan Titchmarsh's organic coriander.

Parsley also likes damp soil and semi-shade so you can group it with the chives and mint. I don't bother planting the seeds out until the end of April when the weather has hopefully warmed up. **Chervil** is back on the menu this year, which will be perfect in summer salads and grows very easily from seed. Whatever you grow, happy gardening!

Useful sources

seedsofitaly.com A fantastic selection of seeds by Franchi, including the delicious bush basil, which has tiny leaves, and lettuce basil, which has large leaves and a milder taste than classic basil. Great for veg seed too.
jekkasherbfarm.com A specialist organic herb nursery where you can buy seeds and plants online. Really informative with fabulous expert advice.

CLICK ONLINE

For more herb inspiration and recipes, visit www.womanandhome.com.

More at ebook-free-download.net or magazinesdownload.com

Share our passion for food and subscribe today

Subscribe to woman&home Feel Good Food for just £10.99

Published four times a year

CLICK ONLINE www.womanandhome.com/IFGBZ

More at ebook-free-download.net or magazinesdownload.com

with this fabulous offer

Dear Reader,

Summer is here and it's time to get the barbecue out, enjoy alfresco dining with friends and make sure that the family is supplied with healthy, tasty snacks while they are glued to the tennis/football/golf. Feel Good Food is your seasonal food bible, which will give you foodie inspiration for every occasion. Each issue is brimming with delicious ideas, from easy midweek suppers to weekend entertaining, mouthwatering desserts and nutritional know-how. So why not subscribe? Pay just £10.99 by hassle-free direct debit and save 36% of the full subscription price, plus we will send every issue straight to your (kitchen) door. Just visit www.womanandhome.com/IFGBZ to subscribe today.

Jane Curran, Editor,
Feel Good Food

PS You can also call 0844 848 0848 to subscribe (please quote code 10X).

3 easy ways to subscribe

- ONLINE
- PHONE
- POST

OFFER ENDS 7 JULY 2010

THE DIRECT DEBIT GUARANTEE This Guarantee is offered by all banks and building societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own bank or building society. If the amounts to be paid or the payment dates change, IPC Media Ltd will notify you at least ten days in advance of your account being debited or as otherwise agreed. If an error is made by IPC Media Ltd or your bank or building society, you are guaranteed a full and immediate refund from your branch of the amount paid. You can cancel a Direct Debit at any time by writing to your bank or building society. Please also send a copy of the letter to us. Direct Debits can ONLY be paid through a bank or building society. Your Direct Debit price will stay the same for one year from the start date.

CALL 0844 848 0848

Please have your bank details ready when you call and quote code **10X**. Lines are open seven days a week, 8am to 9pm UK time.

Subscribe or treat a friend to a subscription of w&h Feel Good Food and save up to 36%*

Tick relevent box:

- ☐ **1-year Direct Debit, £10.99 (usually £17.25, save 36%)***
- ☐ **1-year cash or credit/debit card, £11.99 (usually £17.25, save 30%)***
- ☐ **2-year cash or credit/debit card, £22.99 (usually £34.50, save 33%)***

YOUR DETAILS:

Mrs/Miss/Ms/Mr: Forename:

Surname:

Address:

Postcode:

Home tel no (inc area code):

Would you like to receive messages to your mobile from IPC and woman&home Feel Good Food containing news, special offers, product and service information, and take part in our research? If yes, please include your mobile number here.

Mobile:

If you would like to receive emails from IPC and woman&home Feel Good Food containing news, special offers and product and service information, and take part in our magazine research via email, please include your email below.

Email address:

Year of birth: ☐☐☐☐

TO GIVE A GIFT SUBSCRIPTION:
Please fill out both the recipient's details below and the "Your details" section above. To give more than one subscription, please give address details on a separate sheet.

GIFT RECIPIENT:

Mrs/Miss/Ms/Mr: Forename:

Surname:

Address:

Postcode:

Home tel no (inc area code):

Year of birth: ☐☐☐☐

PAYMENT DETAILS: Direct Debit

For office use only: Originators Reference – 764 221

Name of bank:

Address of bank:

Postcode:

Name of account holder:

Sort code: ☐☐☐☐☐☐ Account no: ☐☐☐☐☐☐☐☐

Instruction to your bank or building society Please pay IPC Media Ltd Direct Debits from the account detailed on this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with IPC Media Ltd and, if so, details will be passed electronically to my bank or building society.

Signature (I am over 18): Date:

OTHER WAYS TO PAY

SAVE up to 33%, pay £11.99 for 1 year or £22.99 for 2 years

I enclose a cheque/postal order made payable to IPC Media Ltd for the total of £_______ or please debit my:

☐ Visa ☐ Delta ☐ Mastercard ☐ Amex ☐ Maestro

Card no

Expiry date ☐☐☐☐ Issue no/Valid from ☐☐☐☐

Signature (I am over 18): Date:

Offer only open to new subscribers. Final closing date for all orders is 7 July 2010.
*The full subscription rate includes p&p. woman&home Feel Good Food, published by IPC Media Ltd (IPC), will collect your personal information to process your order. woman&home Feel Good Food and IPC would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Please tick here if you prefer not to hear from IPC ☐ IPC, which publishes woman&home Feel Good Food, would like to send messages to your mobile with offers from carefully selected organisations and brands, promoting and researching their products and services. If you want to receive a message, please tick here ☐ IPC may occasionally pass your details to carefully selected organisations so that they can contact you by telephone or post with regards to promoting and researching their products and services. Please tick here if you prefer not to be contacted ☐

Complete this coupon and send to: **IPC Subscriptions, FREEPOST CY1061, Haywards Heath, West Sussex RH16 3BR** CODE: 10X
(No stamp needed)

More at ebook-free-download.net or magazinesdownload.com

Crunch time diet!

It's that time of year again – you need to lose more than just a couple of pounds for summer, but you want to do it healthily and fast! No problem – this cool new diet, created by yoga expert Siri Datta, can do just that. Eating only raw fruits, veggies, sprouts, seeds and nuts, it couldn't be easier – no calorie-counting angst, no cooking, and the rewards are fantastic!

More at ebook-free-download.net or magazinesdownload.com

WORDS LYNN CARDY **PHOTOGRAPHS** RICHARD JUNG **FOOD STYLING** JANE CURRAN **PROP STYLING** SUE ROWLANDS

Use fruit in so many ways in this diet, straight up, juiced, in fruit salads or added to crunchy main meals

More at ebook-free-download.net or magazinesdownload.com

"Try this diet for three, seven or ten days – whichever you choose, you are guaranteed to lose!"

Go raw – get gorgeous! Raw food devotees believe that cooking destroys vitamins, minerals and essential enzymes, and that eating food in its natural "live" and vital state will pass that energy on. "The benefits of going raw are endless! Fast, healthy weight loss, clear skin, lustrous hair, great energy and increased libido," says Siri. Sound appealing? Then go for it!

+ **TRY IT FOR 3 DAYS** and over a long weekend you could de-puff your tum, find new energy and lose up to six pounds.
+ **MOVE UP TO 7 DAYS** and you'll really feel the benefits. A lighter body, brighter mind and even more energy.
+ **STAY ON IT FOR 10 DAYS** and you'll see noticeable skin changes, plus you'll start to look younger and fresher.

LOVE THE IDEA OF GOING RAW?

Our diet was taken from yoga expert Siri Datta and raw food chef Dunkan Campbell's fantastic book *Mini Size Me*, part of a 40-day programme of optimum health and nutrition. Designed to increase energy, reduce excess weight, increase positive thinking and strengthen your immune system, this offers the full raw diet, meditation and yoga practice, support forums and a personal mentor. Find out more at *minisizeme.co.uk*.

THE RULES YOUR 3, 7 OR 10-DAY DIET

It couldn't be easier! Eat only raw veggies, fruits, sprouted seeds and nuts, plus healthy oils and honey. Also, drink only water, fresh juices and smoothies. It's different – the recipes and plan are to inspire, but you can mix and match meals as you like; whatever suits you and your daily routine:

BREAKFAST: PERFECT BETWEEN 7 AND 9AM

+ **Start your day with two glasses of water with a hint of fresh lemon to cleanse your system. Sip slowly to aid absorption.**
+ **Add any of the juicing recipes on page 137 or plain fresh juices.**

LUNCH: PERFECT BETWEEN 12 AND 2PM

+ **This should really be the heaviest meal of the day, with lots of greens, salads, sprouts and vegetables.**

SUPPER: PERFECT BETWEEN 6 AND 8PM

+ **The golden rule is never eat after 8pm. Whatever you eat then just sits in your system fermenting, and in turn converts into fat and weight gain.**
+ **This is when you should eat your good fats to repair while you sleep, and heal the system. Try to include avocado, salad dressings and nuts.**

JUST PERFECT AT ANY TIME

+ **Drink at least two litres of natural water slowly through the day. Don't drink it all in the morning and none in the afternoon – make sure to balance it out.**
+ **Get organised – some of the ingredients need soaking, so check your recipe.**

START WITH AN EASY 3 DAYS...

To get you into the raw food experience, why not try this delicious diet over a three-day long weekend? Think it's not going to do all that much for you? w&h wellbeing editor Lynn Cardy tested it out and lost a fantastic six pounds! "It was so easy," she said. "Lots of fresh, crunchy foods and delicious new tastes – a revelation!" Lynn followed this simple eating plan:

	BREAKFAST	LUNCH	SUPPER	SNACKS
FRIDAY	Water with lemon; Fruitify to beautify* fruit salad	Chillin' cucumber soup*; fruit juice or smoothie of your choice	Fruity salad with tahini dressing*	**AM** A handful of nuts **PM** Two Apricot truffles*
SATURDAY	Water with lemon; Blueberry porridge*	Avocado for life*; fruit juice or smoothie of your choice	Alfa to omega salad with Tasty tomato dressing*	**AM** A piece of fruit **PM** Goji berries and cacao nibs
SUNDAY *See our recipe	Water with lemon; Tangerine fruit taster or Berry power smoothie*	Walnut and apple salad with honey dressing*	Mexican raw burritos*	**AM** Small handful of nuts **PM** Two Apricot truffles*

More at ebook-free-download.net or magazinesdownload.com

MORE FRUITY BREAKFASTS

Start the day with fantastic tasty fruit – just a sprinkling over your bowl of cereal works a treat!

FRUITIFY TO BEAUTIFY

2 ripe bananas, sliced and sprinkled with lemon juice
1 apple, finely sliced
1 orange, sectioned and deseeded
2 kiwis, peeled and sliced
5 large strawberries, sliced
10-20 red grapes, with seeds

Mix and serve.

TANGERINE TASTER

1-2 tangerines, peeled, sectioned and seeds removed gently
1 banana, thickly sliced
splash of lemon juice
1 cup pineapple chunks
1-2 ripe plums, sliced in small chunks
sprinkle of sultanas
2tbsp coconut chips
2tbsp ground almonds or walnuts

Mix all the ingredients together, drizzle with honey and sprinkle with ground nuts.

BERRY POWER

50g (2oz) fresh cranberries
40g (1½oz) strawberries
2tbsp oats, soaked for 30 minutes
4tbsp goji berries
½ vanilla pod, finely shredded

Blend the cranberries, strawberries and ½ cup water. Add the oats, goji berries and vanilla pod. Blend until smooth.

+ GREAT FOR VEGGIES

+ Blueberry porridge

SERVES 2

40g (1½oz) blueberries
75g (3oz) raw oat groats (see page 136)
15g (½oz) ground almonds

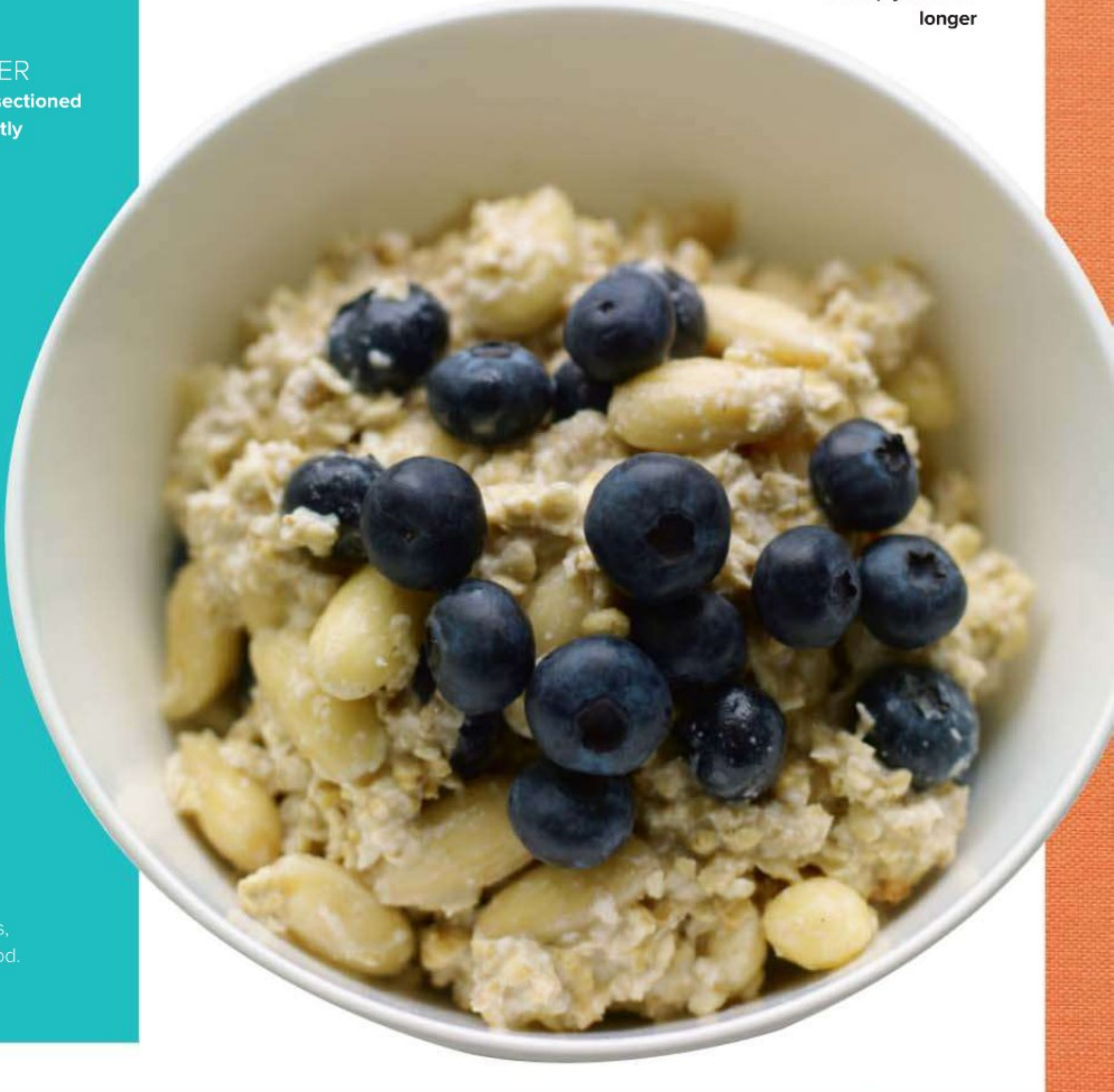
1 Mix berries and oats with 150ml (¼pt) water. Soak in the fridge overnight.

2 At breakfast, add the almonds and a pinch of salt. Add a sprinkle of blanched whole almonds and a drizzle of raw honey.

Per serving: 195 calories, 7g fat (1g saturated), 0.5g carbohydrate

With virtually no fat content, blueberries offer 25% of our daily requirement for vitamin C

Packed with nuts and fruit – and designed to keep you fuller longer



More at ebook-free-download.net or magazinesdownload.com

DAZZLING LUNCHES & SUPPERS

Forget slaving over a hot stove. There might be lots of chopping, but your food will be bright, crisp and fresh

+ GREAT FOR VEGGIES

+ Avocado for life

SERVES 2

1 avocado, firm and ripe
6-10 black olives, pitted
3 celery stalks, diced
35g (1¼oz) Brazil nuts
small bunch radishes, sliced
Chinese leaves
2tbsp pomegranate seeds

1 Peel and slice the avocado, combine with the black olives, celery stalks, Brazil nuts and radishes. Toss together.

2 Clean and separate some of the Chinese leaves and use as a bed for the avocado mixture. Top with the pomegranate seeds and serve.

Per serving: 300 calories, 29g fat (6.5g saturated), 4.5g carbohydrate

Just pick up and eat – crunchy leaves make a perfect serving platter for this vibrant salad

MORE LUNCH & SUPPER IDEAS

Keep it light and low in fat with feel-good soup or scrummy salads!

CHILLIN' CUCUMBER SOUP

Place **1 small cucumber,** chopped, and **½ avocado** in a blender, and whizz. Then add **2tbsp fresh mint, ½ red onion, 2 garlic cloves, juice ½ lemon** and **a pinch of black pepper or your favourite herbs.** Blend until smooth. Taste and adjust the seasonings. Pour into bowls, slice the other **½ avocado** into the soup. Chill in the fridge before serving.

ALFA TO OMEGA SALAD WITH CUMIN DRESSING

Toss together in a bowl **¼ iceberg lettuce,** finely chopped, **1 carrot,** grated, **1 red onion,** finely chopped, **2 celery stalks,** finely chopped, **½ small red bell pepper,** sliced into hoops, **25g (1oz) alfalfa sprouts** and **150g (5oz) red cabbage,** finely shredded. **DRESSING:** Combine **50ml (2fl oz) omega or hemp oil, ¼tsp natural salt, juice 1 lemon, ½tsp crushed cumin seeds** and **2 garlic cloves**, crushed, in a jar, cover and shake. Dress the salad and mix well. Marinate for 2 hours in the fridge before serving.

SWEET AND SOUR NUTTY SALAD

Mix together **35g (1¼oz) rocket, 35g (1¼oz) coarsely chopped parsley, 4-6 curly kale leaves**, chopped, **50g (2oz) spinach**, hand torn, **1 small carrot**, chopped. Add **40g (1½oz) walnuts** and **25g (1oz) pistachio nuts**. **DRESSING:** In a blender, place **1tbsp raw honey, 1tsp Dijon mustard, ¼tsp natural salt, 2tbsp red onion, 50ml (2fl oz) olive or hemp oil, 1tbsp apple cider vinegar, 1 garlic clove,** crushed **and 2tbsp spring water.** Blend until creamy, mix with the salad and serve.

More at ebook-free-download.net or magazinesdownload.com

✢ GREAT FOR VEGGIES

✢ Walnut and apple salad

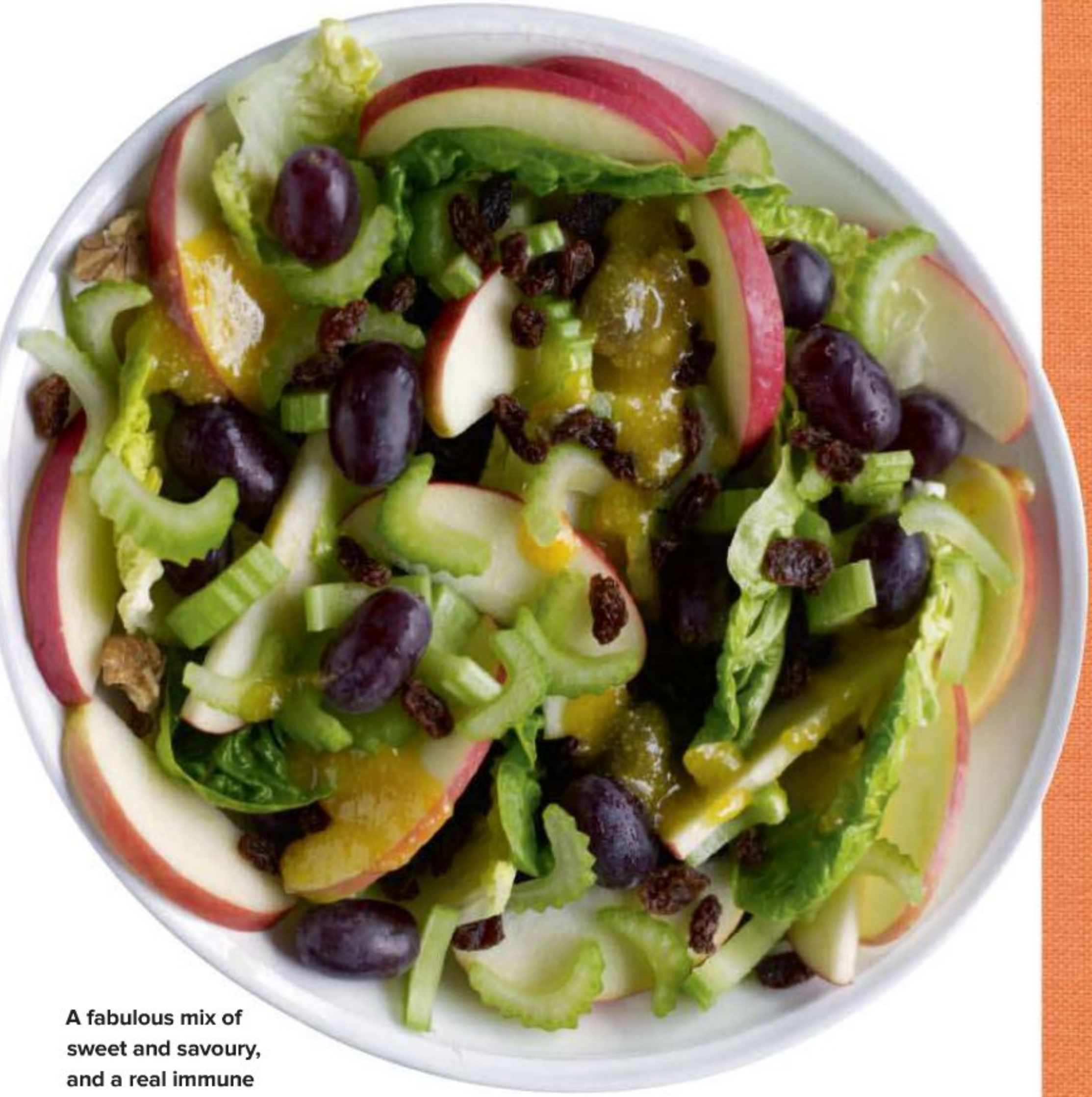
SERVES 2

2 apples, chopped
8 lettuce leaves
2 celery stalks, sliced
50g (2oz) sultanas
8 walnuts, chopped
½ bunch red grapes
for the dressing:
2tsp raw honey
4tbsp hemp oil
40g (1½oz) pine nuts

1 Toss together the apples, lettuce leaves, celery, sultanas, walnuts and red grapes.

2 For the dressing, blend the honey, hemp oil and pine nuts, then pour over the salad.

Per serving: 590 calories, 45g fat (4.5 saturated), 44g carbohydrate



A fabulous mix of sweet and savoury, and a real immune system booster!

✢ **Shop-bought salad dressings can pile on the calories. Home-made is the way to go**

MEXICAN RAW BURRITOS

To create this yummy filling, mix **1 medium-ripe avocado,** mashed, with **1 yellow pepper,** diced, **1 red onion,** finely sliced, and **3 red jalapeno peppers,** deseeded and diced. Spoon into about half a head of unbroken **red cabbage or lettuce leaves.** Squeeze **lime juice** over the top and wrap each leaf to create raw burritos!

3 NEW DRESSINGS

When you start experimenting with your salads, try one of these clever mixes...

GREEK DRESSING

In a jar, combine **olive oil, juice 1 lemon** and a **pinch of natural salt** to taste. Add crushed garlic or chillies to spice it up a bit. This mix will work well with any of your favourite salads.

ORANGE DRESSING

Blend **2tbsp tahini, 50ml (2fl oz) fresh orange juice, a pinch of natural salt, ½tsp black pepper** and **¼tsp cinnamon**. This dressing goes well with a simple green salad of your choice.

TASTY TOMATO

Blend **3 medium tomatoes, 50g (2oz) spinach, juice 1 orange, 25g (1oz) dill** and **2tbsp tahini** until smooth.

Transform any salad with a deliciously different dressing experience

More at ebook-free-download.net or magazinesdownload.com

YOUR SPECIAL SHOPPING LIST

	TASTES...	FIND IT AT...
AGAVE SYRUP	Intensely sweet, a bit like maple. It's great in desserts and dressings.	Health food stores or online from *goodnessdirect.com*. £3.19 for 250ml (9fl oz).
CACAO NIBS	A chocolate bean-style treat that you can eat as a snack or add to smoothies, desserts and more.	Health food stores or *totalrawfood.com*. £2.99 for 100g (4oz).
RAW OAT GROATS	Just like regular oats, but these aren't heat treated. Packed with protein and vitamins, they're also low GI.	Health food stores or *totalrawfood.com*. £6.49 for 500g (1lb 2oz).
TAHINI	Think peanut butter, but made with sesame seeds! Great in dressings.	Easily found in supermarkets and health food stores.
RAW HONEY	Tastes the same as usual, but is unprocessed and prized for its natural digestion-aiding enzymes.	Health food stores or from *xynergy.co.uk*. £7.20 for 500g (1lb 2oz).
HEMP OIL	Wonderfully nutty, this has more essential fatty acids than any other food source. So good for you!	Health food stores and supermarkets, or from *pukkaherbs.com*. Around £1.95 for 500ml (18fl oz).
GOJI BERRIES	Sweet and chewy just like most dried berries.	Supermarkets and health food stores. From £3.99 for 125g (4½oz).

Make easy changes to your diet by adding healthy alternatives to every meal

✢ GREAT FOR VEGGIES

✢ Fruity salad with tahini dressing

SERVES 2

200-300g (7-10oz) mixed baby greens
50g (2oz) rocket
2 red onions, finely chopped
1 cucumber, diced
50g (2oz) whole blueberries
for the dressing:
10-12 cherry tomatoes, chopped
25g (1oz) fresh dill or parsley
3tbsp tahini
1tbsp balsamic vinegar

1 Mix together the baby greens, rocket, red onions, cucumber and blueberries.

2 To make the dressing, blend together the cherry tomatoes, dill or parsley, tahini and balsamic vinegar. Pour over the salad and serve.

Per serving: 250 calories, 15g fat (2g saturated), 16g carbohydrate

Blueberries with a green salad? Oh, yes – it's a delicious combo!

More at ebook-free-download.net or magazinesdownload.com

SUPER SNACKS

Eating the recommended five a day servings of fruit and vegetables is always going to tip the scales in your favour, but remember, portion control is also important when it comes to dieting. If you're stuck for ideas, here are Siri's easy snacks that will make a big difference:

+ **Selection of raw vegetables** – try a crunchy mix of carrot and white radish, plus creamy courgette.
+ **Handful of goji berries and cacao nibs** – goji's are sweet and cacao nibs are a chocolate treat!
+ **Piece of fruit** – any kind, any time, from a banana to a handful of berries. It's our snack of choice.
+ **Small bag of rocket** – you can enjoy like a packet of crisps!

4 GOOD-FOR-YOU JUICES

Fruit and vegetable juices are a great vitality boost. They're powerful internal cleansers, plus a lubricant for the blood and digestive system. With all these recipes, juice then stir before drinking.

+ **CARROT AND APPLE** A sweet, easy drinking mix that's perfect any time of day. Juice 6 carrots and 2 apples.
+ **FRESH EVENING** Beautifully smooth and great for the digestion. Juice 2 apples, 1 pear and 1tbsp fresh ginger.
+ **DETOX JUICE** Just the right formula for when you're trying to lose weight. Juice together 4 carrots, 1 cucumber and 1 beetroot.
+ **PASSION COCKTAIL** A smart glass makes it party special! Juice together 300g (10oz) pineapple, 4 large strawberries and a small bunch of grapes.

+ GREAT FOR VEGGIES

+ Apricot truffles

These are heavenly for a sweet hit! Pop one or two for an afternoon treat.

SERVES 2

100g (4oz) almonds, soaked for 12 to 48 hours and blanched
50g (2oz) dried apricots
6-8 honey dates
1tbsp lemon zest
1tsp vanilla essence

1 Process the almonds, apricots and dates in a food processor using the "s" blade. Add the lemon zest and vanilla essence.

2 Form the dough into small balls, and chill well before serving. Delicious!

Per serving: 372 calories, 28g fat (2g saturated), 19g carbohydrate

These really hit the sweet-tooth spot – but hey, no guilt!

IT WORKS! I LOST 1½ DRESS SIZES

Susanna Quinsey, 44, is from Wokingham, Berkshire.
"I first heard about Siri's raw food diet when I went to her yoga classes, and I went raw for 40 days. It was hard, but I enjoyed it, and keeping in contact with others who were on it was really encouraging. You do have your headachy days or times when your tum feels a bit odd, but I lost about 1½ dress sizes and I'd wake each day bursting with energy, plus my confidence increased!

When you do the complete raw food diet there is a recipe for making your own chocolate, which I liked and adapted a little to suit my tastes. I'm now creating my own Just Chocolate range."

What happens when the diet is over?
"That's the tricky bit. I was determined to keep it in my life, but you need to find your balance. At the end of last year I had let it slide, but this year I decided that I would get back into it, and so far I have – apart from Mother's Day when I had a Thai meal with my daughter. I want to stay slim, but I don't want to starve myself doing it. I would much rather eat lots of really healthy food that I've made myself. Overall, eating raw makes me feel more in control and much more peaceful."

CLICK ONLINE womanandhome.com

For Siri Datta's story, go to www.womanandhome.com and click on Diet & Wellbeing. For plenty more healthy eating ideas, and if you're looking for dieting support, join the womanandhome Diet Club today!

More at ebook-free-download.net or magazinesdownload.com

Fabulous subscription offer for yourself

12 issues for just £23.99

- A subscription offers you great savings on the full cover price and means that you'll never miss an issue.
- Make the most of your time and enjoy the luxury of free delivery to your door every month.
- If you're already a subscriber, why not give a subscription as a birthday present? It makes a great gift, and will last all year!

SAVE 43%*

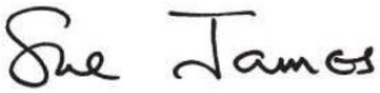
CLICK ONLINE **www.womanandhome.com/IWHKL**

More at ebook-free-download.net or magazinesdownload.com

or why not treat a friend?

Dear Reader,

Getting woman&home magazine delivered to your door every month is a luxury that you can afford with our fantastic subscription offer. You can subscribe to w&h for just £23.99 (that's 43% off the full price!*). Remember, not only do you save money off the cover price, but you'll also be able to enjoy exclusive subscriber-only offers, including a ten per cent discount at www.womanandhome.com/shop. Call 0845 123 1231 today and quote 14F.



Editorial Director

PS You can also visit **www.womanandhome.com/IWHKL** to subscribe.

3 easy ways to subscribe

- **ONLINE**
- **PHONE**
- **BY POST**

THE DIRECT DEBIT GUARANTEE This Guarantee is offered by all banks and building societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own bank or building society. If the amounts to be paid or the payment dates change, IPC Media Ltd will notify you at least ten days in advance of your account being debited or as otherwise agreed. If an error is made by IPC Media Ltd or your bank or building society, you are guaranteed a full and immediate refund from your branch of the amount paid. You can cancel a Direct Debit at any time by writing to your bank or building society. Please also send a copy of the letter to us. Direct Debits can ONLY be paid through a bank or building society. Your Direct Debit price will stay the same for one year from start date.

CALL 0845 123 1231

Please have your bank details ready when you call and quote code **14F**. Lines are open seven days a week, 8am to 9pm GMT.

Yes, I would like to subscribe to woman&home and save up to 43%*

Tick appropriate boxes

- ☐ **PLEASE SEND ME THE STANDARD-SIZE MAGAZINE**
- ☐ **PLEASE SEND ME THE TRAVEL-SIZE MAGAZINE**

- ☐ **12-monthly Direct Debit, £23.99 – save 43%***
- ☐ **1-year cash or credit/debit card, £24.99 – save 40%***
- ☐ **2-year cash or credit/debit card, £49.99 – save 40%***

YOUR DETAILS

Mrs/Miss/Ms/Mr: Forename:

Surname:

Address:

Postcode:

Home tel no (inc area code):

Would you like to receive messages to your mobile from IPC and woman&home containing news, special offers, product and service information, and take part in our research? If yes, please include your mobile number.

Mobile:

If you would like to receive emails from IPC and woman&home containing news, special offers and product and service information, and take part in our magazine research via email, please include your email address.

Email address:

Year of birth: ☐☐☐☐

TO GIVE A GIFT SUBSCRIPTION

Please fill out both the recipient's details below and the "Your details" section above. To give more than one subscription, please give address details on a separate sheet.

GIFT RECIPIENT

Mrs/Miss/Ms/Mr: Forename:

Surname:

Address:

Postcode:

Home tel no (inc area code):

If the person you're buying this subscription for is under 18, please add their year of birth.

Year of birth: ☐☐☐☐

DIRECT DEBIT PAYMENT DETAILS

For office use only: Originators Reference – 764 221

A/C No

DIRECT Debit

Name of bank:

Address of bank:

Postcode:

Name of account holder:

Sort code: ☐☐☐☐☐☐ Account no: ☐☐☐☐☐☐☐☐

Instruction to your bank or building society Please pay IPC Media Ltd Direct Debits from the account detailed on this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with IPC Media Ltd and, if so, details will be passed electronically to my bank or building society.

Signature (I am over 18): Date:

CASH OR CREDIT/DEBIT CARD PAYMENT DETAILS

£24.99 for 1 year or £49.99 for 2 years – save 40%**

I enclose a cheque/postal order made payable to IPC Media Ltd for the total of £_______ or please debit my:

☐ Visa ☐ Diners ☐ Delta ☐ Mastercard ☐ Amex ☐ Maestro

Card no: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiry date: ☐☐☐☐ Issue No/Valid from: ☐☐☐☐

Signature (I am over 18): Date:

Offer only open to new UK subscribers. The final closing date for all orders is 7 July 2010. Please allow up to six weeks for delivery. *The full subscription rate includes p&p. woman&home, published by IPC Media Ltd (IPC), will collect your personal information to process your order. woman&home and IPC would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Please tick here if you prefer not to hear from IPC ☐ IPC, which publishes woman&home, would like to send messages to your mobile with offers from carefully selected organisations and brands, promoting and researching their products and services. If you want to receive a message, please tick here ☐ IPC may occasionally pass your details to carefully selected organisations so that they can contact you by telephone or post with regards to promoting and researching their products and services. Please tick here if you prefer not to be contacted ☐

CODE: 14F

Complete this coupon and send to: **IPC Subscriptions, FREEPOST CY1061, Haywards Heath, West Sussex RH16 3BR**

(No stamp needed)

More at ebook-free-download.net or magazinesdownload.com

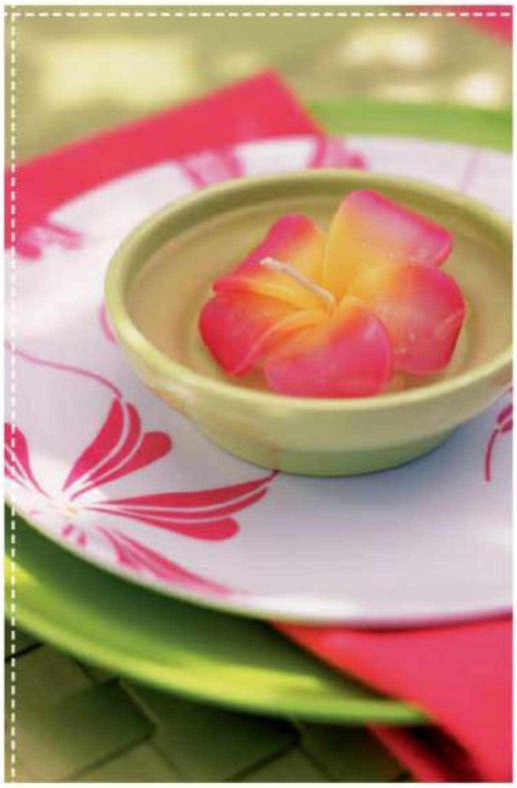
The summer table

Whether it's a dinner for two or the family is coming over, what makes your outdoor dining special is the way you dress your table. Follow these simple ideas for a guaranteed great look

Sitting pretty

The moment the summer sun is out it's time to take your dining to a new alfresco level. Whether you use your garden furniture or simply move your kitchen table outside, all you'll need is a little shade and good company

More at ebook-free-download.net or magazinesdownload.com



Stand tall

With cupcakes being such a big trend that just won't go away (we hope!) there's never been a better time to add cake stands to your china collection. Mix up patterns for a truly vintage theme, then serve anything on them, from finger sandwiches and tarts to scones and cupcakes. It's the perfect way to enjoy afternoon tea in the sun. Check out Let them eat Cake's vintage designs, available at *bouf.com*, and Laura Ashley for decorative stands and cake plates.

Floating feeling

Floating candles are an easy way to add a colour theme to a table and make your guests feel special, too – especially if you place one in a small bowl at each place setting. If you can match the china or napkin then the table will really come together. *Grehom.com* have a beautiful collection of flower-shaped floating candles, including hibiscus, frangipani and roses; from £4 each. *Habitat.co.uk* also have a selection box of nine flower designs for £8.

Vintage mix

When you're eating outside, you can afford to be a little more relaxed. It doesn't matter if the glasses and china don't match, or the napkins for that matter. For a seamless look, just add simple flowers or foliage to each napkin and secure in place with natural string. Then have the Pimm's at the ready to keep the conversation flowing. For beautiful coloured glasses, try *matalan.co.uk* or *grahamandgreen.co.uk*. Debenhams and House of Fraser always have a great selection of napkins, both plain and patterned.

> “Melamine plates are fine if you're expecting kids to be running around or if you're sitting picnic-style on the lawn, but for an elegant meal outside, stick to what you know – the best china, glassware and linens you have”

More at ebook-free-download.net or magazinesdownload.com

> Keep the bugs at bay when eating outside with citronella and lemon balm candles around your table, available from shearer-candles.com. You can also hang a wasp catcher in a nearby tree – M&S has some pretty designs

Let the light in

When it comes to summer, throw open the doors and windows and let in the warm breeze. When laying the table, don't forget to create a focal point with a "wow" statement table centre – just because you're outside doesn't mean you can't have a vase full of brilliant blooms. If you feel this look is too formal, tone it down by placing individual stems in bottles or empty jam jars along the length of the table. You can even wrap fabric around potted plants. Herbs are always great for this look, too.

Less is more

White on white is always going to look stunning, and even more so when teamed with a green theme. Add touches of clear and green glass to give a layered effect, finishing off with a napkin rolled in a ring. Pick a few herbs from your garden for a fragrant table, and for gorgeous white china, check out Denby's White and China ranges. If you want a more hand-thrown and softer feel, though, take a look at the Sophie Conran for Portmeiron range at House of Fraser. It's just divine!

Cover up

If your garden table is in need of a little TLC, cover it up with a stylish oilcloth when you have guests. There are so many fabulous designs in smart "grown-up" colours that you'll be able to get that "top table" feel. Just add vibrant napkins and a hurricane lamp to give the table the attraction of height. For oilcloths, check out the extensive range at John Lewis. We also love Cath Kidston's collection – she is the queen of the oilcloth – and for beautifully coated linen tablecloths, visit *scandiliving.com*.

More at ebook-free-download.net or magazinesdownload.com

LAY THE TABLE

COOL SHADE

Position your table as close to the house as possible, so trips to the kitchen don't take too long. The shade from the house's shadow will also stop your salads from wilting when it's hot. Jazz up a plain tablecloth with runners laid across the table, instead of down the length, and position candles for the perfect atmosphere. To make runners from modern fabrics, visit *harlequin.uk.com,* they have a stunning collection this summer. And if you don't fancy sewing, just use bondaweb and iron in place. Easy!

WORDS EMMA MORTON-TURNER

More at ebook-free-download.net or magazinesdownload.com

WE'RE PASSIONATE ABOUT FOOD AT womanandhome.com!

Find simple recipes, tasty menus and tips to inspire you on the Food channel

More at ebook-free-download.net or magazinesdownload.com

NEW HOW-TO VIDEOS!

Follow our step-by-step guides to cooking success

NEW IDEAS

Need a show-off dessert or a healthy supper in minutes? You're one click away from our inspirational daily recipes – pasta, chicken, veggie and more – plus glorious cakes and desserts in our quick-click galleries.

MEET THE EXPERTS

Food editor Jane Curran is sure to inspire you with her handy tips and recipes. Plus Tim Atkin recommends the best wines and tipples.

WHAT'S IN SEASON

Make the most of fresh, British foods with our monthly recommendations of what to eat now. Choose the best local, seasonal produce and try our simple ideas on how to use, cook and enjoy.

SHOP and save

From stylish cutlery to cookware, there are bargains galore in our online shop. You'll find professional quality at affordable prices – go to **womanandhome.com/shop**

JOIN IN NOW

Get connected to like-minded women through our popular forums and much more...

Have fun at a local Supper Club

Make new friends, enjoy great food, share your recipes and cooking tips... and a glass of wine or two!

Lose weight the easy way

Join the w&h Diet Club today!

- Create an online diary – we work out how many calories you need each day to lose weight and we'll keep track for you!
- Get advice from our top health and nutrition experts.
- Try our online calculator to find the calories in home-made meals.
- Check the calories and fat of more than 40,000 ready meals, sauces and more!

Read our new food blog

Comment on the latest foodie issues, news and views at womanandhome.com/truefoodie

LOG ON TODAY

womanandhome.com

CLICK FOR THE BEST FOOD IDEAS

More at ebook-free-download.net or magazinesdownload.com

Our favourite online and mail order food suppliers

Sourcing good-quality food has never been easier, thanks to the Internet, and most of these suppliers are just a phone call away, too. If you fancy visiting a local market, there are also lots of excellent farmers' markets to discover...

Meat, fish and poultry

DONALD RUSSELL
Top-notch beef and venison, welfare-kind fish and seafood.
01467-629666; donaldrussell.com

FISH FOR THOUGHT
Fresh fish from Cornwall, as well as frozen and smoked fish. Will deliver within 24 hours.
01637-806103; martins-seafresh.co.uk

THE FISH SOCIETY
All freshly frozen, top-quality organic fish and seafood with a huge selection to choose from, including smoked fish.
0800-2793474; thefishsociety.co.uk

FORMAN & FIELD
Excellent smoked salmon and other fish, plus all sorts of food goodies, from pies to liqueurs, cheese to patisserie.
(020) 8525 2352; formanandfield.com

GRAIG FARM ORGANICS
Graig Farm has won awards for its organic meat and poultry. It now offers a huge choice of groceries, baby foods and ready meals. Virtually the whole range is organic.
01597-851655; graigfarm.co.uk

LANE FARM COUNTRY FOODS
For fabulous, Freedom Food-standard pork, gammon, ham, bacon, sausages and salami. Owners Sue and Ian are happy to help with any cooking queries.
01379-384593; lanefarm.co.uk

THE REAL MEAT COMPANY
Animals are reared to the highest possible standard, and it shows in the eating quality, from beef to chicken and ham.
01985-840562; realmeat.co.uk

THE WELL HUNG MEAT COMPANY
Based in south Devon, this close-knit operation offers top-notch organic lamb, beef, pork and poultry.
0845-2303131; wellhungmeat.com

WING OF ST MAWES
Offers a seasonal selection of fabulous fish from sustainable sources, with great recipes to make the most of your haul.
01726-861666; thecornishfishmonger.co.uk

Foods of the world

BART SPICES
For a wide range of herbs, spices, seasonings and sauces, plus many Fairtrade and organic products.
01179-773474; bartspices.com

GOODNESSDIRECT
This website has a fantastic range of gluten-, wheat- and dairy-free goods, as well as Fairtrade products, Japanese ingredients and so much more.
0871-8716611; goodnessdirect.co.uk

MOUNT FUJI
From tempura and green tea to wasabi and rice crackers – all manner of delicious Japanese ingredients and information.
01743-741169; mountfuji.co.uk

NIFE IS LIFE
Have ultra-fresh mozzarella delivered direct from Naples, plus other delicious Italian goodies, such as hams and salami, and a range of organic products.
(020) 8961 0210; nifeislife.com

SEASONED PIONEERS
A vast selection of spices and gourmet cooking sauces from around the world, along with recipe and usage ideas.
0800-0682348; seasonedpioneers.co.uk

Cheese

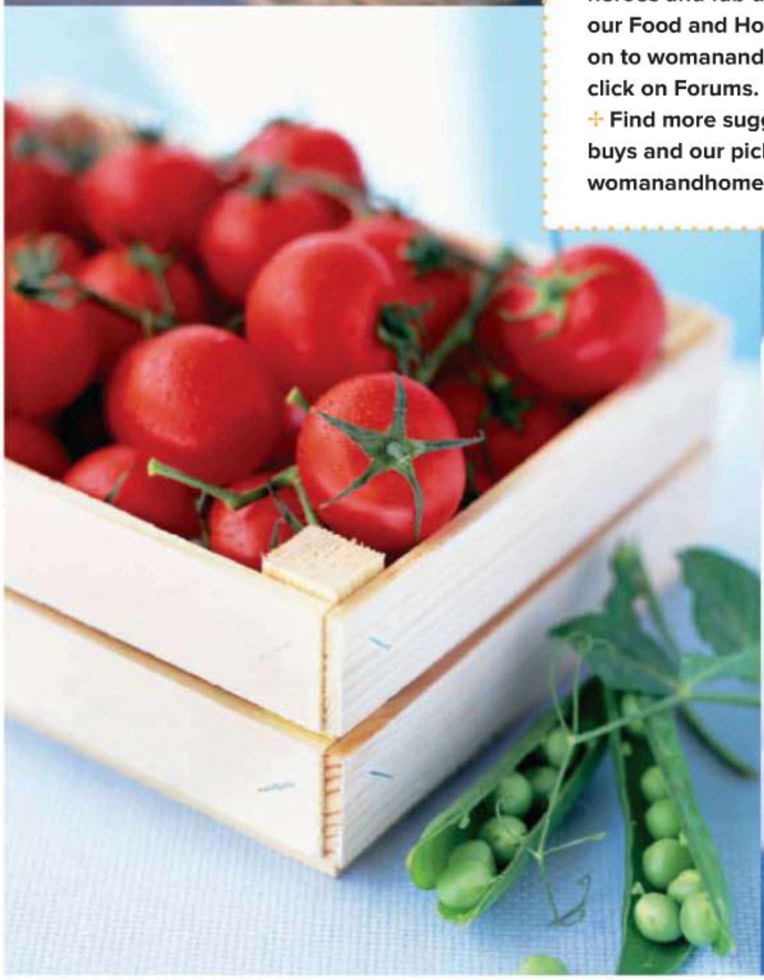
THE FINE CHEESE CO
A great selection of British cheese and extras including Devon clotted cream, pickles, crackers and mouthwatering chocolate truffles too.
01225-448748; finecheese.co.uk

NEAL'S YARD DAIRY
A British regional cheese specialist. Choose from Stinking Bishop and Gabriel as well as Cheddar and Wensleydale.
(020) 7500 7575; nealsyarddairy.co.uk

More at ebook-free-download.net or magazinesdownload.com

Go online

+ **Do you have a favourite place to shop? Tell us about your local heroes and fab discoveries on our Food and Homes forum. Log on to womanandhome.com and click on Forums.**
+ **Find more suggestions on best buys and our pick of suppliers at womanandhome.com.**



More at ebook-free-download.net or magazinesdownload.com

+ PAXTON & WHITFIELD
For British and Continental cheeses, plus wines and fantastic gifts.
01451-823460; paxtonandwhitfield.co.uk

+ THE TEDDINGTON CHEESE
A huge selection of both British and Continental cheeses, with great hampers and fabulous cheese wedding cakes.
(020) 8977 6868; teddingtoncheese.co.uk

Join an organic box delivery scheme

+ RIVERFORD ORGANIC VEGETABLES
Fantastic home delivery service for fruit and vegetables, plus a great selection of meat, wine, fruit juices, dairy and eggs.
0845-6002311; riverford.co.uk

+ ABEL & COLE
Award-winning one-stop shop for all things organic. Sign up for a weekly fruit and veg box to be delivered, filled with seasonal produce that's different every week.
0845-2626364; abelandcole.co.uk

+ BOXSCHEME.ORG
A fantastic green and organic directory to help you find box schemes near you.
boxscheme.org

+ A LOT OF ORGANICS
Handy search engine where you can find suppliers of all things organic, from fruit and vegetables to household and beauty products, clothes and shoes, plus a directory of websites selling ethical and Fairtrade products.
alotoforganics.co.uk

Special treats

+ ARTISAN DU CHOCOLAT
For the original liquid salted caramels; often copied, never bettered! Plus other delectable goodies.
(020) 7824 8365; artisanduchocolat.co.uk

+ FIONA CAIRNS CAKES
Beautiful, clever and delicious cakes to bring a warm feeling to your heart. There are many cake makers around, but Fiona's are at the top of the Premiership.
0116-2402888; fionacairns.com

+ FORTNUM AND MASON
Loved because it sells items that are invariably unique and the packaging is stunning. Very special for foodie gifts. The Champagne truffles are fab!
(020) 7734 8040; fortnumandmason.com

+ HOTEL CHOCOLAT
Great for luxury chocolate gifts and gorgeous dinner party platters.
hotelchocolat.co.uk

+ LA MAISON DU CHOCOLAT
We just love the ganache collections: dark, intense and terribly grown-up.
lamaisonduchocolat.co.uk

+ TWININGS TEA
Well-known for its delicious teas, but few stores stock the whole range. We love the white tea with pomegranate; perfect for healthy summer slurping.
0870-2413667; twinings.co.uk

+ UNION HAND-ROASTED COFFEE
A byword for integrity in the coffee world, its top-quality coffee is roasted in London. From lighter coffees from Peru to the dark, sultry roasts of Sumatra, you'll find a blend to suit you.
(020) 7474 8990; unionroasted.com

Your favourite supermarket can deliver to your door, too

- **asda.co.uk**
- **ocado.com**
- **sainsburys.co.uk**
- **tesco.com**
- **waitrosedeliver.com**

Farmers' markets

There has been an explosion in the popularity of farmers' markets in the last few years. We are all keen to get in touch with the land, find out what foods are grown locally, what's in season, and discover different varieties of fruit and vegetables. So why should we shop at a farmers' market? Because it's fun and accessible, and you have the chance to chat to the people who actually grow the food, make the cheese or rear the livestock. You'll also find varieties of fruit and vegetables not seen on the supermarket shelf.

These markets are a lovely spot for finding gifts, such as home-made preserves and local honey. And it's a great place to take your kids too – they'll learn that vegetables are grown in the soil and don't arrive pristine and pre-packed. Plus, knowing that what you're buying is home-grown and locally produced makes you feel so good about your carbon footprint.

Here are some good websites to help you find farmers' markets and pick-your-own farms in your area. It's up to all of us to support our local farmers and markets to prevent them disappearing, so get out there and get shopping!

- farmersmarkets.net
- pickyourown.info
- farmshopping.net
- foodloversbritain.com

If you've found a great farmers' market, please share it with us on womanandhome.com.

More at ebook-free-download.net or magazinesdownload.com

A great offer for you...

Jean-Patrique pan set with FREE knife set

✣ SAVE £349.55 on RRP

A professional 15-piece set of stainless-steel cookware offered to you at 73 per cent below its normal retail price, for just £129.95 + P&P – you save £349.55 on the cookware prices, plus you'll receive a FREE set of three Santoku knives worth £119.85. We're so confident in our cookware that even if you decide to return it – for any reason – this knife set is yours to keep!

✣ Generously sized with deep sides.
✣ Self-basting lids that keep the juices inside the pan and prevent flavour from escaping.
✣ The rims are designed to make pouring easy and accurate.
✣ The pans are ovenproof, so you can start cooking on the hob, then move to the oven or grill without having to change pans.
✣ The cookware is suitable for gas, electric, ceramic and solid plate hobs.
✣ Heavy-duty, extra-long handles constructed out of thick tubular stainless steel.

This free gift is offered for a limited period only so please order quickly.

What's included – with the RRP:
14cm (5½in) milk pan, £29.95
16cm (6¼in) saucepan with lid, £39.95
18cm (7in) saucepan with lid, £44.95
20cm (8in) saucepan with lid, £49.95
20cm (8in) frying pan, £34.95
24cm (9½in) frying pan, £44.95
24cm (9½in) stockpot with lid, £79.95
24cm (9½in) steamer insert, £34.95
28cm (11in) sauté pan with lid, £89.95
22cm (8¾in) colander, £29.95
Code H64064 15-piece pan set with **FREE** three-piece set of Santoku knives. Whole set RRP £479.50. You pay only **£129.95** plus p&p.

HOW TO ORDER

BY WEB Order online and find many more offers at our website **www.womanandhome.com/shop.**
BY PHONE Call 0871-4216363*, quoting code XWH936 / SUBSXWH937, and the product code.
BY POST** Send a cheque to: w&h Feel Good Food summer offers, Euro House, Cremers Road, Sittingbourne, Kent ME10 3US, quoting XWH936 / SUBSXWH937, and product code on the back. Please also include a phone number.

WAYS TO PAY

We accept MasterCard/Visa/Switch/Maestro (and cheques by post). Please make cheques payable to woman&home offers.

DELIVERY

Orders should take ten days when in stock. However, please allow 28 days and we will notify you if a longer delay is expected. **Mainland UK delivery only.** Delivery costs £3.99 standard P&P.

RETURNS AND REFUNDS

If you're not entirely satisfied, please follow the instructions enclosed with your purchase. Goods are returned at the reader's expense if they are not faulty, and a collection fee of £20 will be charged on heavier items.

10% OFF FOR WOMAN&HOME SUBSCRIBERS

Don't forget to claim your 10 per cent off by quoting your subscriber number when ordering.

✣ **Closing date is 7 July 2010.**

*The 0871-4216336 enquiry line number will be charged at the national rate. Calls from mobiles to both numbers may incur charges **woman&home, published by IPC Media Ltd (IPC), will collect your personal information to process your order. If you would like to receive emails from IPC containing news, special offers and product and service information, and take part in our magazine research, please write your email address on your cheque/order. IPC would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Please write "No IPC" on your cheque/order if you prefer not to hear from us.

CLICK BROWSE & BUY womanandhome.com

Visit womanandhome.com/shop for more great offers

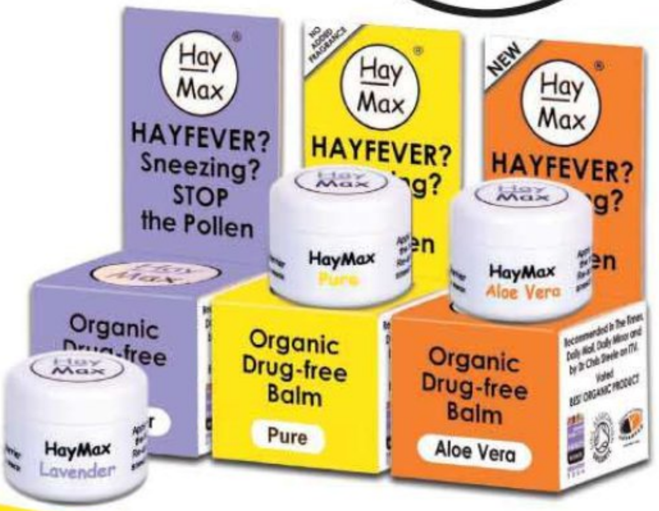
More at ebook-free-download.net or magazinesdownload.com

HayFever?

Sick of this...

Then try this...

Hay Max®



HayMax™ Nose Balm

- **Drug-free**, organic pollen barrier – so **No Drowsy Side Effects**
- **Simple:** apply at base of nostrils to trap pollen; less pollen, less sneezing
- **Suitable** for children, pregnant & breast-feeding women, men (and cynics)
- **Recommended** in The Times, Daily Mail, Daily Mirror, by Janey Lee Grace and Dr Chris Steele MBE on ITV, plus many more
- **Value for money:** one pot can last the whole summer

Trap pollen before it makes you sneeze!

3 for 2

3 for the Price of 2 Offer – at participating independent health stores, pharmacies and chemists, www.haymax.biz and 0845 190 2320

Vegetarian Society APPROVED www.vegsoc.org

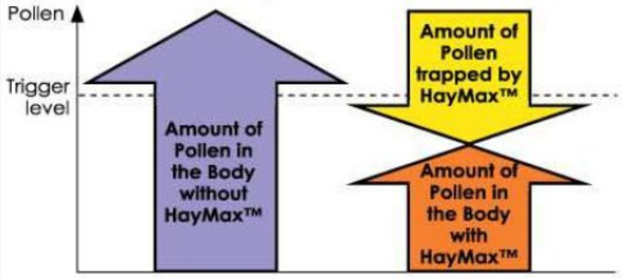
SOIL ASSOCIATION ORGANIC

natural trade show AWARDS WINNER

Also available from selected: Boots, Tesco, Asda, Waitrose, Holland & Barrett, Lloydspharmacy, The Co-operative pharmacy

"Have been a victim of hayfever for over 10 years and have tried countless products to prevent it and nothing has been as fantastic as HayMax™, this is what I call a girl's best friend!! Thank you." – Victoria Coates

How HayMax™ Works



- When the pollen level in the body rises above the 'trigger level', hay fever symptoms start
- If the pollen barrier traps enough pollen that the trigger level is not reached, the symptoms won't start

More at ebook-free-download.net or magazinesdownload.com

SHOPPING DIRECTORY

Açaí Berry - The New Superfruit Supplement As Seen In National Press - Amazing Health Benefits!

Açaí Berry, the impressive "Wonder Berry" ...that can be great for your health!

AS REVIEWED IN THE SUNDAY EXPRESS

"My **energy** levels increased, I was **sleeping better** and my **skin seemed to have more of a glow**"

- Sunday Express Review, Sunday 3rd January 2010

What Is The Açaí Berry?

Açaí berry is the latest superfood with impressive health benefits. Grown in South America, the açaí berry grows high up on the açaí palm. Açaí berries are naturally packed full of vitamins, antioxidants, fibre, protein and minerals. The açaí berry contains an astounding amount of beneficial antioxidants - nutrients in our foods which can prevent or slow the oxidative damage to our body.

What Are The Benefits?

- ✓ Supports A Healthy Diet
- ✓ Supports A Healthy Heart
- ✓ Provides Antioxidants & Vitamins
- ✓ May Improve Hair, Skin & Nails
- ✓ May Assist Weight-Loss

Where Can I Buy Açaí?

100% Pure Açaí berry is available exclusively from Evolution Slimming Ltd at just £29.95 for a whole month's supply.

Visit www.Evolution-Slimming.com online or call 0845 4592540 today to order yours. See below for an exclusive offer on this product – see what the goodness of the açaí berry can do for you at an exclusive special discounted price.

EXCLUSIVE OFFER

For a limited time only, 10% discount is available on 100% Pure Açaí berry with this exclusive voucher. Simply enter your code below when ordering online or via telephone to receive a 10% introductory discount on 100% Pure Açaí berry. Other açaí berry products are also available – why not try Açaí Berry Patches for discreet 24-hour açaí berry antioxidants?

Search 'Evolution Slimming' Online for More Information

Order Hotline Open 9am-5pm: Call 0845 4592540

10% DISCOUNT CODE: GFMAG

Terms and Conditions: Voucher code valid at www.Evolution-Slimming.com on açaí berry supplement products. Voucher must be applied at the checkout online or quoted via telephone at time of order. 10% discount will be automatically discounted from the total order value. Voucher can be used as many times as you wish but only once per individual order. Voucher expires 1st July 2010. Free delivery on all orders available. Visit our website for more açaí berry products and supplements.

More at ebook-free-download.net or magazinesdownload.com

SHOPPING DIRECTORY

Overweight children? We can help.

If you are fighting childhood obesity, you are not alone. Our free, easy-to-use website helps you understand the support available and find your nearest specialist health professionals.
More practitioners are joining us daily, so check now to see who is near you.

WeightAwareUK
For healthy, happy children

WeightAwareuk.com

TRAVEL SHOP

DOCKLOW MANOR

Lovely cottages set in five acres of mature grounds in the Herefordshire countryside. Wonderful walks, traditional inns, black-and-white timbered villages, market towns and ancient castles.

Prices from £175

Dinner available
Enquiries and brochure:

01568 760668 or www.docklow-manor.co.uk

HOMES IDEAS

woman&home

FURNITURE

John Ladbury & Co. Hand Built Furniture

Hand Built Bespoke Kitchens, Bedrooms & Studies

Workshop and Showroom:

Unit 11 • Alpha Business Park • Travellers Close
Welham Green • Hertfordshire AL9 7NT

Telephone: 01707 262 966

www.johnladbury.co.uk

AUCTIONS

J.Straker, Chadwick & Sons

Est. 1872

Forthcoming Wine Auctions include:

Selected Fine and Affordable Wines
on
Saturday 29th May
to include the contents of several outstanding private cellars
and
Saturday 3rd July

For further information, catalogues and entry forms please contact the Auctioneers Wine Department at

Market Street Chambers Abergavenny Mon NP7 5SD
Tel +44 (0)1873 852624, Fax +44 (0)1873 857311
Email wine@strakerchadwick.co.uk
or visit www.strakerchadwick.co.uk

more sales... more wine... more choice and no buyer's premium

FOOD & DRINK

LEITHS
SCHOOL OF FOOD AND WINE

At Leiths we run cookery classes ranging from 1 day to 1 year

Forthcoming Enthusiast Classes Include

Day Workshops
Chocolate Workshop - 31 March
Thai Cooking for Beginners - 7 April

Evening Classes
Quick & Easy Cooking - Starts 22 Feb
Knife Skills - 25 February
Cheese Tasting - 17 March

One Week Cookery Courses
Beginners - Starts 12 April
Intermediate - Starts 12 April

Gift Ideas
Gift Vouchers valid for 1 year can be purchased
Leiths Books are also available

For those looking for a career in food our **Diploma in Food and Wine** starts September 2010

LEARN A SKILL FOR LIFE

BOOK NOW AT WWW.LEITHS.COM OR CALL 020 8749 6400
Leiths School of Food and Wine 16-20 Wendell Road, London W12 9RT

TOFFOC

'the perfect toffee flavoured vodka'

Come visit our website for offers

www.toffoc.com
info@toffoc.com
01248 852 921
Brynreg,
Anglesey,
North Wales LL78 8JZ

H.R.Higgins (Coffee-man) Ltd.

www.hrhiggins.co.uk

More at ebook-free-download.net or magazinesdownload.com

Allens OF MAYFAIR

WE HOLD WEEKLY BUTCHERY COURSES, AN IDEAL GIFT FOR FATHERS' DAY!

LONDON'S FINEST BUTCHERS SHOP

DELIVERING FRESH MEAT TO YOUR DOOR

ALLENS PRODUCTS ARE USED BY TOP CHEFS ACROSS LONDON AND THE UK. ALL MEAT SOLD ONLINE IS THE SAME HIGH QUALITY AS SOLD TO OUR RESTAURANT CUSTOMERS.

OUR BEEF IS REARED FOR US IN THE CAIRNGORM NATIONAL PARK IN SCOTLAND, AND IS AGED FOR AT LEAST 21 DAYS TO TENDERISE AND ENHANCE THE FLAVOUR.

OUR ENGLISH LAMB IS GRASS-FED, OUR FREE RANGE PORK IS FROM YORKSHIRE

"ALLENS' MEAT IS OF A CONSISTENTLY HIGH STANDARD"
NIGELLA LAWSON

"MY FAVOURITE SHOP IN LONDON"
MARCO PIERRE WHITE

OUR MEAT IS DELIVERED FRESH – NEVER FROZEN

MEAT FOR A WEEK BOX

2 X 190G CORNFED CHICKEN BREASTS
2 X 200G SIRLOIN STEAKS
1 X 950G BEEF TOPSIDE
2 X 220G PORK CUTLETS
5 X 120G LAMB CHOPS
440G MINCED STEAK
6 X CUMBERLAND SAUSAGES

NOW £36
WAS £50

OFFER CODE WH-WEEK

2 BONE RIB OF BEEF

A ROASTING JOINT OF PRIME SCOTTISH BEEF MAKES A PERFECT CENTREPIECE.

MINIMUM WEIGHT 1.75KG

NOW £25
WAS £35

OFFER CODE WH-BEEF

OFFERS ARE VALID UNTIL MIDNIGHT ON SATURDAY 10TH JULY 2010
DELIVERY IS FREE ON ORDERS OVER £70, DELIVERY CHARGE OF £9 ON ORDERS UNDER £70
ORDER BY TELEPHONE ON 0844 880 2462
LINES OPEN MONDAY – FRIDAY 7AM – 6PM. SATURDAY – 10AM – 3PM
OR VISIT WWW.ALLENSOFMAYFAIR.CO.UK/WH-FOOD

More at ebook-free-download.net or magazinesdownload.com

The recipe list

MEAT AND POULTRY

21 Tom Kha Kai (Thai chicken soup)
21 Chicken Caeser salad
21 Chicken and pancetta risotto
24 Spicy chicken and crispy wedges
31 Grilled coriander chicken with guacamole
31 Black bean chicken stir-fry
49 Wild rice, chicken and tomato salad
61 Teriyaki beef and chilled noodle salad
61 Steak and Cajun rub
62 Chicken on a beer can
62 Lamb, lemon and rosemary steaks with couscous and coleslaw
65 Sausage and spring onion kofte
65 Sea salt and spicy chicken
66 Paprika pork with rice salad
69 Steaks topped with oozy melted cheese
72 John Torode's Buffalo wings and drumsticks
78 Tarragon roasted chicken
81 Spiced lamb burgers with Greek salad
84 Tapas with peachy sangria
87 Cumin and coriander roasted leg of lamb
87 Asparagus wrapped in Parma ham
88 Fragrant orange-marinated chicken legs
96 Jamie Oliver's Chicken, olive and preserved lemon tagine

FISH AND SHELLFISH

16 Rick Stein's Hot and sour squid salad with chilli, lime leaf, mint and coriander (Yam pla muk)
24 King prawn, cherry tomato and rocket spaghetti
26 Maryland crab cakes
31 Seafood linguine
32 Salmon, radish and red chicory salad
32 King prawn and chicken noodle stir-fry
34 James Martin's Sea bass with pine nuts, artichokes and tomatoes
45 Vietnamese seafood salad
46 Salmon and rice salad
50 Gordon Ramsay's Rice noodle salad with prawns and Thai dressing
56 Grilled red snapper
56 Fresh and salty sardines
61 Harissa and lime salmon fillets
66 Lime prawns
70 Red pepper and tomato salsa
70 Barbecue tomato sauce
84 Salmon with pesto and fresh tomato sauce
95 Kashmiri prawn curry with yogurt
95 Easy-peel prawns with lemon and fennel seeds

VEGETARIAN

41 Mediterranean layer sandwiches
45 Simple grape and rosemary foccacia
45 Cheesy herb muffins
45 Vegetable empanaditas
49 Ricotta and tomato tarts
49 Green beans with soy, ginger and sesame
56 Sweetcorn with chilli and lime butter
68 Halloumi skewers
69 Baked Camembert
69 Stuffed aubergine rolls
71 Tuscan bean salad
71 Tabbouleh
71 Red cabbage and apple coleslaw
81 Roasted onion and potato slices
81 Thyme and lemon courgettes with fennel
88 Chicory with green beans and shallot dressing
88 Sesame potato salad
92 Loaded nachos with chunky guacamole
92 Cool salad with feta
92 Crunchy salad with lemon and honey dressing
134 Avocado for life salad
134 Chillin' cucumber soup
134 Alfa to omega salad
134 Sweet and sour nutty salad
135 Walnut and apple salad
135 Mexican raw burritos

SOMETHING SWEET

100 Berry meringue roulade
100 Lower-fat mini lemon cheesecakes
103 Baroque meringues
103 Wine-poached pears
104 Coffee-choc profiteroles
107 Summer berry "fool"
107 Raspberry and custard tarts
107 Raspberry, cassis and mint ice
108 Lemon posset
108 Lemon and almond iced parfait
110 Mark Hix's Perry jelly with summer fruits
115 Summer berry Victoria sponge
115 Raspberry and almond tartlets
116 Almond frangipane tart
116 Butterfly cakes
121 Lemon and poppy seed drizzle cake
121 Walnut, banana and honey loaf
122 Lemon polenta cake
122 Apricot and almond galette
124 Bill Granger's Blueberry butter cake
133 Blueberry porridge
136 Fruity salad with tahini dressing
137 Apricot truffles

Feel Good Food is published by woman&home, IPC Southbank Publishing Company Ltd, The Blue Fin Building, 110 Southwark Street, London SE1 0SU, telephone (020) 3148 5000. Distributed by Marketforce (UK) Ltd, The Blue Fin Building, 110 Southwark Street, London SE1 0SU, telephone (020) 3148 3300. Printed by St Ives Roche Ltd. Reproduction by Wyndeham Pre-Press Limited, a member of the Wyndeham Press Group. Covers printed by Wyndeham Impact. Prices quoted throughout are RRP, checked at time of going to press.

recycle
When you have finished with this magazine please recycle it.

More at ebook-free-download.net or magazinesdownload.com

A **new standard** is set

The Multipro Excel's quality and stylish design ensure it is the perfect addition to any kitchen. Designed with you in mind, it is easy to use, easy to clean and with 55 different functions, including electronic scales, a wide mouth feed tube, a glass liquidiser and glass mill, you are sure to find it your most versatile kitchen appliance.

So whether you are cooking for yourself, your family or entertaining friends, the Multipro Excel, with its 3 different bowl sizes, ensures life in the kitchen has never been easier.

www.kenwood.co.uk

Create the best with the best…

Contact your local sales manager for more information or call Kenwood on
0870 600 3030

KENWOOD
CREATE MORE

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com